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Food, Page 1C

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News, Page 3A

# Granite City Journal

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VOLUME 19, NUMBER 9

WEDNESDAY, FEBRUARY 1, 1995

THIRTY-FIVE CENTS

## Candidate in race despite conviction

By Bob Slate  
Staff writer

If elected 1st Ward alderman, Dale Barnhart Sr. may not be able to take office. Barnhart, 47, of the 2800 block of Lincoln Avenue, has a felony record, is currently on probation and is wanted on an active warrant out of Brevard County, Florida, for violating that probation.

Barnhart is seeking to unseat incumbent 1st Ward Alderman Bob Page in the April 4 election. Although state election law prohibits convicted felons from holding municipal office, Barnhart — who is candid about his record — said he will not withdraw his candidacy.

Barnhart pleaded "no contest" in November 1987 to a felony charge of aggravated assault battery in Titusville, Florida. He was sentenced to 10 years of probation, including two years of house arrest, and ordered to pay \$8,000 restitution for the victim's medical bills. The current warrant was issued because Barnhart has failed to pay \$4,000 of the \$8,000

"Any man, woman or child in that situation would have done exactly what I did. That guy was trying to hurt me bad."

— Dale Barnhart

owed, he said.

Barnhart said he was the real victim in the incident which led to his arrest and conviction.

"Any man, woman or child in that situation would have done exactly what I did. That guy was trying to hurt me bad," Barnhart said.

He said he was walking down the street and minding his own business late at night when a "thug" attacked him.

After repeated attempts to get the man to stop, Barnhart pulled out a pocket knife and cut the man, he said.

"I was the victim of a mugging," he said.

At the time, Barnhart said, he was building houses for \$6 an hour and could not afford an attorney.

"The only thing I was guilty of

was being poor," he said.

He pleaded "no contest" and was sentenced.

But several years later, his great aunt in Granite City was diagnosed with cancer. He moved here to take care of her, he said.

"One day I went in to see my (Madison County) probation officer and he told me that there was a warrant in Florida for probation violation."

"He told me Florida would not extradite, so I should stay away from Florida. And he said that if I came up with the money to make restitution, the warrant would probably go away," he said.

"I'm just not the person that (record) makes me out to be," he said.

(See CANDIDATE, Page 6A)



**Practice** — Local junior high and elementary school girls got a chance recently to practice their cheerleading techniques during a cheerleading camp. The camp was held at Granite City High School.

(Staff photos by KYLE MESTER)

## Five lawyers censured

## Loans are ruled improper

By Bob Slate  
Staff writer

Joe Elberger was in dire financial straits in January 1989. He had been injured and had a lawsuit pending against the Norfolk and Western Railroad. His wife was pregnant and could only work part time. Elberger was having increasing difficulty paying his bills and was being offered a settlement he knew was less than fair for his injury.

But rather than have Elberger settle the suit for less compensation than that to which he was entitled, attorney Morris B. Chapman of Granite City co-signed six promissory notes and advanced Elberger cash to help him support his family while the lawsuit was pending. The case eventually settled for \$375,000 and the advance and loans were repaid to Chapman's law firm from the settlement funds.

But for his action, Chapman — and four other associates or former associates of his law firm — was censured by the Illinois Supreme Court last week.

The case brought before the Illinois Attorney Registration and Disciplinary Commission (ARD) was followed by plaintiff personal injury attorneys throughout the state. The ruling is the first by the Supreme Court since 1980, when it changed the rules for attorneys who loan clients money while the clients' cases were pending.

From 1952 through 1979, the

Supreme Court recognized the existence of the practice and said that it did not violate rules of conduct for lawyers.

Chapman, with offices at 1406 Niedringhaus Ave.; along with Bob Bossett and Terry O'Leary, two associates with Chapman's firm; and Glenn Bradford, a former Chapman associate now practicing in East Alton; were all censured.

A written opinion of improper conduct. It could be used against the attorneys if future violations are alleged. Chapman's daughter, Melissa Rheinecker, also an associate in the Chapman firm, was reprimanded in the same case. She did not personally co-sign any loans for clients, the ARDC found.

A hearing board of the ARDC had recommended law license

(See LOANS, Page 6A)



Chapman

## 'Motor-voter' law being debated

Sen. Evelyn Bowles of Edwardsville expects Illinois to comply with a federal law calling for states to be more aggressive in registering new voters.

"I am confident that Illinois will conform," Bowles said. "I think that during this session something will happen, probably after the municipal elections in April."

The so-called motor-voter law tells states to take a more active role in registering residents to vote.

State workers at public assistance and drivers license facilities must ask patrons if they want to register to vote or fill out a form declining to do so.

Republicans controlling the Senate are in no hurry over the law.

"We have until the 1996 election cycle," said Mark Gordon, spokesman for Senate President James "Pate" Philip, R-Wood Dale.

"I think it is worth using this window to take a look at the law before we implement it."

State Board of Elections Director Ronald Michaelson countered, "I don't think this will drag into 1996."

He said the courts may force Illinois to comply.

"There is a lot of action on the judicial front if not on the legislative front," Michaelson said.

Advocates filed a suit against the state last week asking a federal judge in Chicago to step in and force Illinois to comply with the law.

(See VOTER, Page 6A)

## In the Journal

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### Deaths

Kenneth Knott  
Alma Beckmann  
Anna Walker  
James Wilcutt  
Angelika Stein  
Julie Pearce  
Rose Bargiel  
Herbert Venable  
Jerome Edds  
Edward Evans

## Coming Thursday

News: Wildlife biologist has exciting life.



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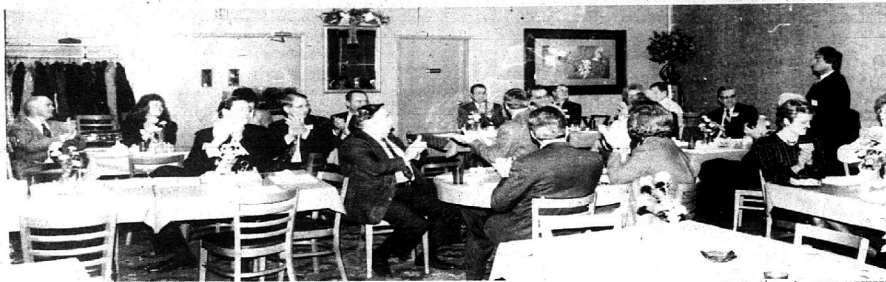
## Free GED classes offered here

Belleville Area College is offering free general educational development classes beginning in February at the Granite City Campus. Morning classes will meet from 9 a.m. to 12:50 p.m. weekdays from Feb. 3 to March 2. Registration for daytime classes will take place starting at 9 a.m. Feb. 3 in the Granite City Campus cafeteria. For more information, call BAC at 235-2700, extension 523.

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Members of the Tri-Cities Area Chamber of Commerce began a series of quarterly membership sessions with this meeting at Ravanelli's.

## Chamber hears from Pennekamp



James Pennekamp speaks to Chamber of Commerce members.

The first of a series of quarterly membership meetings of the Tri-Cities Area Chamber of Commerce was held Jan. 17 at Ravanelli's. At the breakfast meeting, three of the small businesses of the month award recipients were recognized. They were Granite Inc. owners Jack Demsey and Don Adams, Bill Terrell Agency and First Choice Tire owner Jim Williams.

Committee reports were received from the small business committee, community pride committee and the sign ordinance task force.

James Pennekamp, executive director of the Leadership Council Southwestern Illinois, was the guest speaker.

Pennekamp spoke on the most current business issue facing southwestern Illinois — the possibility of the closing of Scott Air Force Base and Charles Melvin Price Support Center.

The Base Realignment and Closure (BRAC) process was explained, as well as the nation's need to cut by 15 percent the total cost of maintaining the present number of military bases.

Pennekamp said: "We have to believe what we do not want to believe, that these two bases could close, along with the 250 others the Department of Defense is studying."

"We must mobilize the local community leaders and businesses in order to mount a proactive campaign first to keep our bases off the closure list and secondly if they are on the list to get them taken off. To wait to see if we are on the list to close would be too late."

The first list of possible closures will be submitted to the BRAC Commission March 1 and final disposition could be as early as July 1.

## Food supplies cut drastically

Federal budget cuts have turned the mountain of federal commodities into a mole hill.

Townships and food pantries are having to cancel this month's federal commodity distribution because the U.S. Department of Agriculture has cut the program.

All the state's townships rely on the agriculture department for money to buy commodities to give to needy families. This year's federal cutbacks are threatening to dry up the food line.

The budget for Illinois' commodity program was cut from \$5.34 million in 1994 to \$2.51 million in 1995. Nationally, the program's budget was cut from \$120 million to \$65 million.

"The program is not considered a backbone program of our feeding programs. When the idea was conceived it was because the federal government had a surplus of farm products," department spokeswoman Kathy Florito said.

"The rationale behind the cuts is that the program has served its purpose. It was never meant to be anything but temporary."

Florito said her department would like more people to apply for the food stamp program.

— From the Alton Telegraph

## 3 arrested on drug charges

Three Granite City men arrested last week on drug trafficking charges are free from custody.

Donald Miller, 30, Ronald Miller, 30, and Walter Crustel, 26, were all three arrested Wednesday evening at a home in the 1700 block of Chestnut Street in the Lincoln Place neighborhood in Granite City.

All three men were charged with unlawful possession of cannabis with the intent to distribute it.

Each of the three posted \$5,000 cash bail on \$50,000 bonds and was released from custody.

## CPR class set

St. Elizabeth Medical Center is offering parents, caregivers and other interested individuals the chance to learn basic life support for people ages eight and older.

Adult and Child CPR will meet from 8 to 10 p.m. Monday, Feb. 6, in SEMC's Edwardsville Health Center.

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# Group home concept debated

Group homes, the 1990s version of orphanages, may be the answer to children in need, according to the state's new treasurer. But not everyone agrees.

Judy Baar Topinka, a Republican and strong advocate for group homes, is promising to give low-interest loans to businesses interested in building such facilities.

"I want to start creating an industry in Illinois that addresses the question of the public welfare of children — the children nobody else wants," Topinka said.

She said she intends to actively recruit private industry into the orphanage business.

Topinka said she wants to model the homes after the same rigorous standards currently used to monitor the nursing home industry in Illinois. Those standards include regular inspections, the ability to levy fines and a hot line for reporting abuse and poor conditions.

The idea of taking children from poor families and placing them in group homes stems from comments made in recent months by new U.S. House

Speaker Newt Gingrich, who has said many poor children would be better off if taken from their families in ghetto environments and placed in orphanage-type settings.

Opponents, however, question if the country can afford such an expensive answer to the problem of children being raised in poverty. Others fear the selection process will be unfairly applied.

Topinka said the country has to do something. "Without orphanages we will be tossing away young lives which go to bed on the streets," she said. "If we continue to bureaucratize or continue to fall back on an already over loaded court system to handle this situation, we are condemning a whole generation of youngsters to forego their formative years."

Hundreds of children once lived, played and learned in a stately "orphanage." The Catholic Children Home, which opened in a former mansion at the 1400 State St. building in Alton in 1923.

In its early years, most were brought to the home by a single parent struggling to make ends meet during difficult economic times.

As many as 550 children during the Great Depression learned to read, write, ride a bike, and sled down snow-covered hills behind the five-story, tan brick building.

Today the Children's Home houses 40 children on any given day, many of whom have "been through hell and back," said Larry Drury, executive director of Catholic Charities, Springfield Diocese, which oversees the operation of the home.

The troubled youngsters, 11 to 20, get counseling and around-the-clock supervision in an effort to save them from ending up in the state's correctional system.

"Kids are more difficult now than they were then (the home's early years)," said Steven Roach, who was the home's associate administrator for the past four years and was promoted to administrator Jan. 1.

The children are victims of physical or sexual abuse, have been involved with gangs, drugs or prostitution and have intense behavior problems that make it impossible to place them in traditional foster care.

The care given to children at the home is expensive. It costs an estimated \$100 a day for each child in the Catholic Children's

Home, about \$36,000 a year, which is more than twice the cost of locking someone up in prison.

The state average for caring for children under state custody is even higher, more than \$46,000 a year for each of the 4,900 children currently living in group homes in Illinois.

Others are not sure about the idea of creating more orphanages. They fear that children will be unfairly taken from poor families and placed into group homes.

"(Orphanages) may work for some children; it may even be an improvement for some children, but we know it is expensive," said U.S. Rep. Richard Durbin, D-Springfield.

"If a child is in an abusive home, then I am in favor of removing the child from that situation, but taking children away from mothers who are unemployed is extreme."

"Children should grow up in families," said Eloise Cornelius, a professor of social work at the University of Illinois at Chicago. "This hasn't been thought through."

"This is going to fall on minorities, the working poor and those in poverty," Cornelius said.

— The Alton Telegraph

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## LOCAL NEWS

# Crime is top issue

## Holbrook supports state 'truth in sentencing' law

State Rep. Tom Holbrook, D-Bellefonte, says crime is at the top of the list of issues most important to area residents he has talked to over the past year.

"Illinois needs to have a 'truth in sentencing' law that ensures criminals are serving at least 85 percent of their sentences," Holbrook said. "We have to close the revolving doors at our state

prisons. We need to provide greater protection for the public and re-create stable neighborhoods in the Metro-East."

Holbrook made the comments after being sworn in Jan. 11 in Springfield. A bus full of supporters were on hand at the State Capitol to witness the swearing in as the State Legislature convened the 89th General Assembly.

Holbrook said he is grateful to the voters who elected him and is already setting his legislative agenda for the next two years.

Education funding, job creation and property tax relief are other issues Holbrook said would be at the top of his two-year agenda.

"With the leadership in the House of Representatives and the Senate controlled by suburban Republicans, we will have to be careful to make sure state funds for our downstate schools aren't stolen by the wealthier suburban districts," Holbrook said.

"I want to work for equitable school funding throughout Illinois, without placing a heavier burden on homeowners and property taxpayers."

Holbrook also said he agrees with many points made by Gov. Jim Edgar in his recent State of the State Address, but is concerned with what was left out.

"The governor made some fine points about lifting the burden of unfunded state mandates from our schools and working toward welfare reform," Holbrook said. "We have a real opportunity to improve the quality of life for my constituents and the residents of Illinois."

"However, I'm deeply concerned that the governor did not call for a 'truth in sentencing' law in Illinois."

The governor also did not address the financial state of the state, ignoring the \$1.6 billion deficit and the sharp increase in Medicaid spending, he added, or the needs of middle class taxpayers.

"The governor's speech focused more on special interests than the needs of middle-class taxpayers," Holbrook said. "I hope the new Republican leadership's agenda doesn't reward those special interests on the backs of the working-class people of Illinois."

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# WE'LL PUT YOUR MONEY TO WORK!

If you haven't been getting all you can from your money, put your cash to work at Granite City's Credit Union and see a real return.

Our competitive rates and numerous options let you craft a savings plan that fits your lifestyle.

## SHARE CERTIFICATES: LOCK IN A GREAT RATE

With terms ranging from 6 months to 5 years, you'll earn big with a minimum investment of just \$2,500.

## INDIVIDUAL RETIREMENT ACCOUNTS: FOR A SECURE FUTURE

Enjoy tax-deferred earnings and the current rate climate, while you save for retirement.

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This account earns dividends, so your funds are earning right up until the day you use them. And our checking account is cost-free.

## REGULAR SHARES: A COMPETITIVE ALTERNATIVE

Even our regular savings account earns one of the highest rates in town, and you may open your account with as little as \$5.

Current Savings Rates	APR*	APY*
5-Year Certificate	7.50%	7.71%
2-Year Certificate	7.00%	7.19%
1-Year Certificate	5.50%	5.61%
6-Month Certificate	4.50%	4.50%
Individual Retirement Account	5.00%	5.12%
Checking (Share Draft) Account	2.00%	2.02%
Savings (Share) Account	3.50%	3.56%

Ready to put your money to work? Visit one of our offices or contact the Telephone Center at 797-7993 for a membership application.

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Telephone Center: 797-7993

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3970 Maryville Road

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\*APR = annual percentage rate; APY = annual percentage yield. Rates declared at date of publication may be subject to change. Additional Truth-in-Savings information is available at the credit union.

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Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty. Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 576-2000. This calendar runs in every Wednesday's Journal.

Wednesday, Feb. 1

Granite City Chess Club meets from 6 to 9 p.m. at the Granite City Public Library. For more information, call 576-4328.

Granite City Four-square Church, 2400 East 25th St., in Granite City, welcome Danny and Chris Sinacore from Washington,

Ill., to sing at 7 p.m. The public is invited.

Mount Zion General Baptist Church, 2827 Mockingbird Lane, in Granite City, will offer free clothing available to those in need from 10 a.m. to noon.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-0600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Boots and Sippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Latham, 2200 Vandavia St., Collinsville. The cost is \$2.50 per person. Per session. For information, call 344-4636 or 344-4183, or contact CARD at 346-5229.

Divorced and Separated Group Ministry, 7-8:30 p.m., Eden United Church of Christ, 905 Second Street, Edwardsville, 656-9268. At-Arson, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 463-2429.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

(See CALENDAR, Page 7A)

FASHION EXCHANGE

Resale / Consignment  
Women, Children, Teens

Now located at Hwy 159 & Glen Carbon Rd

STOP IN - SIGN UP FOR GIFT CERTIFICATE DRAWING

(1 - \$50 AND 2 - \$25 CERTIFICATES)

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We've expanded to carry brand name casual and quality dress clothing for children and teens.

TAKING SPRING CONSIGNMENTS - CALL FOR APPOINTMENT

288-0844

It's Time  
Again For  
Mueller FURNITURES  
Annual...

GROUNDHOG DAY  
SALE!  
& COLORING CONTEST

WIN A  
FREE  
MANTLE  
CLOCK!

HURRY! SALE ENDS SATURDAY!

SALE PRICES GOOD MON., JAN. 30 - SAT., FEB. 4, 1995

BIG SAVINGS  
Throughout The Store!

Save On Name Brands Like...

• FLEXSTEEL • SERTA  
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• MANY, MANY MORE!  
AND OF COURSE

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FOR 1 YEAR

Terms of Sale...12 Month Interest Free  
Available with Qualified Credit &  
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ENTER FOR YOUR CHANCE TO WIN A CHERRYWOOD MANTLE CLOCK!



COLORING CONTEST RULES:

This contest is open to Children of all ages (adults too). Color this drawing or enter one of your own. Entry must be delivered to Mueller Furniture by Saturday, February 4, 1995 by 5:00 pm. Local Artist Kurt Mueller will judge and announce the winner Saturday, February 4th.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

Mueller  
FURNITURE COMPANY

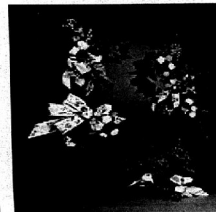
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Tues., Wed., Thurs. & Sat. 9 am - 5 pm  
233-0667  
METRO EAST # 1-800-564-3211

Eucalyptus Floral  
Projects

another great craft idea from

FRANK'S®



MINI BIRDHOUSE or  
TRIANGLE (2 to 4 pieces)

Select 2 pieces of flexible eucalyptus and shape into a gentle arch. Wire two short thicker pieces of eucalyptus at both sides of arch for the base. If triangular shape is desired, intertwine and wire each corner and join pieces together.

Decorate as desired. Shown: 2 cinnamon sticks, Spanish moss, small bird, 1/2 yd. wire edged ribbon and dried flowers.

MINI HEART

(2 pieces 14"-16")  
Wire two pieces of eucalyptus together at their base and repeat approximately 3"-4" higher. Separate stems and bring ends around and join with wire, creating heart shape.

Decorate the center of the eucalyptus heart with ribbons and flowers. Shown: 1 1/2 yds. #5 pansy ribbon, silk pansies or violets, Billy buttons and purple statice sinuata.

Try A Craft Class!

Several craft classes are being offered at all Frank's stores, covering a wide range of topics. Stop by and check them out, and sign up for those that appeal to you. If you don't think you have the talent, don't worry. Some projects require very little. And you may find out you have more talent than you thought!

MATERIALS NEEDED:  
• 1 bunch eucalyptus (4 to 5 projects completed with each 4-oz. bunch)  
• Assorted dried and/or silk materials for decoration  
• Ribbon of your choice

Basic supplies: Glue gun, green floral wire and wire snips

MINI BOW (6 pieces)  
Select 2 pieces of flexible eucalyptus approximately 12"-14" long for each loop. Intertwine two pieces of eucalyptus and shape into each loop and wire to secure. Repeat for remaining loop and join together with wire. Use 2 pieces of eucalyptus for tails or streamers and bend in the center and wire tails to loops.

Decorate as desired. Shown: 5 dried roses with leaves, statice and 1 yd. #5 pink wire edged ribbon.

MINI WREATH (2-3 pieces)  
Select 2-3 pieces of flexible eucalyptus and wrap into wreath shape intertwining stems to create a single circle. Wire to secure.

Decorate as desired. Shown: 1 yd. #9 magnolia Paper Ribbon™ and several small silk flowers to coordinate.

Shop any of these ten convenient Frank's locations

Bellwin - 5031 Manchester Rd.  
(314) 259-8777  
St. Charles - 4630 Hwy. 94 N. Outer Rd.  
(314) 928-8355  
St. Charles - 3725 Harry S. Truman  
(314) 947-7149  
Bridgeton - 12253 St. Charles Rock Rd.  
(314) 298-7667  
Overland - 8801 Page  
(314) 429-5155  
North County - 11015 Old Halls Ferry  
(314) 355-0534  
Kirkwood - 1135 S. Kirkwood  
(314) 821-8866  
St. Louis - 4650 Lansdowne  
(314) 351-4010  
Shrewsbury - 125 Kenrick Plaza Dr.  
(314) 962-0578  
Fairview Hts. - 110 Commerce Lane  
(618) 397-1251

Craft classes are being  
held at all Frank's stores.  
Sign up today!

Watch Sunday's Journal  
for more tips from  
the experts at Frank's!

# Obituaries



## Angelika Stein

Angelika (Foschiatti) Stein, 71, of Granite City, died at 9:05 p.m. Friday, Jan. 22, 1995, at her residence after being ill for more than three years. She was born Jan. 3, 1924, in Germany and had been a resident of Granite City for 45 years.

A homemaker, she was a member of Holy Family Catholic Church in Granite City. Survivors include her husband, John Stein; two sons, Ricky and Ronald Stein, both of Granite City; one daughter, Bridget Hutchins of Granite City; four brothers, Fritz Foschiatti of Granite City and Alfons, William and Valentine Foschiatti, all of Germany; one sister, Rita Foschiatti of Germany; and two grandchildren.

She was preceded in death by her parents, Joseph and Margaret (Moe) Foschiatti. Services were held Monday at Davis Funeral Home, Granite City, with the Rev. Thomas Wise officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon. Memorials are requested for Holy Family Catholic Church.



## Julie Pearce

Julie (Millen) Pearce, 72, of Madison, died at 4:38 a.m. Saturday, Jan. 28, 1995, at St. Mary's Health Center, Clayton, Mo., where she had been a patient for two days. She was born July 20, 1922, in Madison, where she had been a lifelong resident.

An office manager with East Side Terminal Credit Union for 20 years prior to her retirement in 1990, she was a member of St. Mary's Catholic Church in Madison and a former member of the Madison Junior Service Club.

Survivors include one son, Bill Pearce of Granite City; one daughter, Bobbie Dallas of Granite City; one brother, Tom Miller of Granite City; and two granddaughters.

She was preceded in death by her husband, Robert Pearce, who died July 19, 1987; her parents, William and Rose (Kane) Miller; and two brothers, Edward J. and Walter J. Miller.

Services are at 10 a.m. today, Wednesday, at St. Mary's Catholic Church, 10th and Alton, Madison, with the Rev. Jim Kessner officiating. Burial will be in Calvary Cemetery, Glen Carbon. Arrangements are by Lahey Sedlack Funeral Home, Madison.

Memorials are requested for St. Mary's Catholic Church, the American Diabetes Association or Catholic Charities in Granite City.



## Rose Bargiel

Rose (Rozycyk) Bargiel, 81, of Granite City, died at 1:45 a.m. Saturday, Jan. 28, 1995, at Caseyville Care Center, Caseyville, after a four-month illness. She was born Dec. 19, 1913, in Nashville, Ill., and had been a resident of Granite City for most of her life.

A homemaker, she was a member of Holy Family Catholic Church in Granite City. Survivors include three sons, Ben Bargiel of Whitman, Ariz.; Ed Bargiel of Affton, Mo.; and Rick Bargiel of Sauk Village, Ill.; two daughters, Rosemary Zeff of Granite City and Agnes Lambing of Largo, Fla.; four sisters, Regina Gajewski of Ashley, Ill.; Mary Konkol of Du Bois, Ill.; Barbara Miller of Santa Clara, Calif.; and Clara Komgok of Pine Dale, Calif.; nine grandchildren; and six great-grandchildren.

She was preceded in death by her husband, Walter Bargiel, who died Nov. 30, 1977; one son, Daniel Bargiel; her parents, Mike and Helen (Piazeck) Rozycyk; three brothers, Steve, Alex and Edward Rozycyk; and one sister, Theresa Pinski.

Services are at 10 a.m. today, Wednesday, at Holy Family Catholic Church, 2608 Washington Ave., Granite City, with the Rev. Thomas Wise officiating. Burial will be in Calvary Cemetery, Glen Carbon. Arrangements are by The Thomas Memorial Mortuary, Granite City. Memorials in the form of Masses are suggested.

O. (Qualla) Venable, whom he married Sept. 14, 1948, in St. Louis; one daughter, Dottie Hinkle of Granite City; one sister, Bernita Cox of St. Louis; and two grandchildren. He was preceded in death by his parents Arady and Chole (Clifton) Venable.

Services were held Monday at Mercer Mortuary, Granite City, with the Rev. Tommy McCaffire officiating.

Graveside services and burial were held Monday in Walker Hill Cemetery, Grand Tower, Ill.

## Jerome Mudd

Jerome J. "Jerry" Mudd, 52, of Granite City, formerly of St. Louis, died at 4:10 p.m. Saturday, Jan. 28, 1995, at St. Elizabeth Medical Center after a one-year illness. He was born Dec. 8, 1942, in St. Louis and had been a resident of Granite City for 12 years.

A tire salesman with General Tire for 37 years, he was an Army veteran.

Survivors include his wife, Frances (Juhass) Niemeyer Mudd, whom he married Aug. 21, 1982; two sons, Steven and Scott Mudd, both of St. Louis; one daughter, Linda Mudd of St. Louis; one stepdaughter, Lisa Niemeyer of Granite City; one brother, Pierce Mudd of Festus, Mo.; and one sister, Kathleen Dechant of Guernville, Calif.

He was preceded in death by his parents, Harry and Virginia (Colina) Mudd; and one brother, Michael Mudd.

Services were held Tuesday at Irwin Chapel, Granite City, with the Rev. Thomas Wise officiating. Burial was in Calvary Cemetery, Glen Carbon.

Memorials are requested for the American Lung Association of Illinois, 1 Christmas Seal Drive, P.O. Box 2576, Springfield, Ill., 62705.



## Edward Evans

Edward James Evans, 75, of Granite City, died at 8:38 a.m. Sunday, Jan. 29, 1995, at South Sunflower County Hospital, Indianola, Miss. He was born June 16, 1919, in Granite City.

A former supervisor with Reilly Industries, he was a member of Holy Family Catholic Church in Granite City and the Knights of Columbus and a World War II Army veteran, serving in Italy and receiving three Purple Hearts.

Survivors include two brothers, Tom Evans of Oregon and William C. Evans of Granite City; three sisters, Louise McCoy of Granite City, Betty Christy of Pensacola, Fla., and Susan Zelch of St. Louis; and several nephews and nieces. He was preceded in death by his wife, Dora Deane (Holshouser) Evans, whom he married Oct. 25, 1941, in St. Louis, and his parents, Harry Lee Evans and Mary Elizabeth (Cardwell) Evans.

Visitation is from 5 to 8 p.m.

today, Wednesday, at Irwin Chapel, 3900 Maryville Road, Granite City, where a prayer service will be held at 6:30 p.m. today and a Knights of Columbus service at 6:45 p.m. today.

Services are at 9 a.m. Thursday at Holy Family Catholic Church, 2608 Washington Ave., Granite City, with the Rev. William Fisherkeller officiating. Burial will be in Calvary Cemetery, Glen Carbon. Memorials in the form of Masses are suggested.

## Kenneth Knott

Kenneth Richard Knott, 65, of Pontoon Beach, died Monday, Jan. 30, 1995, at his residence after a sudden illness. He was born Dec. 2, 1929, in St. Louis and had been a resident of Pontoon Beach for many years.

A set-up man with Continental Can Company for 31 years, he was of the Baptist faith and a member of Masonic Lodge 655 in Hendersonville, Mo., and Kentucky Harness Horsemen's Association.

Mr. Knott was a veteran.

Survivors include three daughters, Denise Doza of Pontoon Beach, Diane Shepard of St. Louis and Debra Brennan of Stuckley, Calif.; one son, Kenneth Knott, who died in 1976; and his parents, Ivan E. and Esther (Street) Knott.

Arrangements are pending with Werner Chapel for Funerals, 3939 Lake Drive, Pontoon Beach, 797-1009.

## Alma Beckmann

Alma M. (Romann) Beckmann, 92, of Granite City, died at 2:35 a.m. Sunday, Jan. 29, 1995, at Colonial Care Center, Granite City. She was born Nov. 6, 1902, in Cors, Ill., and had been a lifelong resident of Granite City.

A homemaker, she was a member of St. John United Church of Christ in Granite City.

Survivors include one sister-in-law, Elma Romann of Granite City. She was preceded in death by her husband, August Beckmann; her parents, Louis and Mary (Heinbok)

# Women's health program planned

If you are searching for a special something for your favorite Valentine, how about a gift that will help them feel good about themselves in more ways than one?

St. Elizabeth Medical Center is holding "Feeling Fabulous," a day-long celebration of women's health and well-being in February, which is heart month.

"One in nine women between the ages of 45 and 64 has some form of cardiovascular disease. This ratio climbs to one in three at age 65. Among black women, the situation is worse than white women," said Bev Motil, RN, supervisor of SEMC's CardioPulmonary Rehab Program.

"The good news is strides have been made in the fight against cardiovascular disease. Women need to find out what they can do to help."

Feeling Fit and Looking Fabulous will be held from 9 a.m. to 3 p.m. Saturday, Feb. 18, in the Pinta Room at the Knights of Columbus Hall, 4225 Old Alton Road, in Granite City.

Feeling Fit and Looking Fabulous will feature discussions led by SEMC health care professionals on:

- Estrogen replacement;
- Women and heart disease;
- Low-fat cooking methods;
- Ways to convert your favorite recipes to a low-fat diet;
- Interpreting the new food labels;
- The newest of the low-fat food products;
- Exercise.

Participants will also be

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Mothers' Club. Survivors include two sons, Ernest Gerald Walker of Granite City and Dennis Michael Walker of Richmond, Va.; one daughter, Theresa Pitman of Granite City; one brother, Louis Holst of Collinsville; two sisters, Clara Trystel of Loraine, Ohio, and Mary Jane Couch of Willoughby, Ohio; 11 grandchildren; and 10 great-grandchildren.

She was preceded in death by her husband, William Dewey Walker Sr., who died in 1968; one son, William Dewey Walker Jr., who died in 1987; one daughter, Ruth G. Crawford, who died in 1990; her parents, John F. and Mary Amelia (Prustel) Holst; four brothers, Fred, William, Albert and John C. Holst; and one sister, Elsie Francis.

Arrangements are pending at Irwin Chapel, 3900 Maryville Road, Granite City, 931-8000. Burial will be in Calvary Cemetery, Glen Carbon.

Memorials are requested for Calvary Cemetery Chapel Building Fund.

## Welding group hosts program

Individuals interested in a career opportunity and the occupational outlook for welding technology are invited to the American Welding Society's annual Student Night Feb. 16 at the Raintree Residence, 475 N. Bluff Road in Collinsville.

Guest speakers will be Ed R. Bohnart of Miller Electric Manufacturing Co. and vice president of AWS; Norm Helton, vice president of Pandjiri & Co. of St. Louis.

Garner Kimbrell, coordinator of welding technical and industrial welding at Eastern Illinois University, will be available to discuss the college's program.

Dinner will be served at 6:30 p.m. and the meeting will begin at 7 p.m. The cost for students and instructors is \$6, for guests is \$25, and for AWS members is \$12. For reservations call 235-2700, extension 252.

Tickets are \$10 per person and are available at St. Elizabeth Medical Center, 2100 Madison Ave., in Granite City; and at Tops 'N' Bottoms, 1343 19th St., in Granite City. Call the SEMC Education Resources Department at 798-3850 to learn more.

Treated to a fashion show with clothes from Tops 'N' Bottoms and Glik's and beauty and skin care tips from Jan Perkins, of Jan Perkins Cosmetics.

A luncheon will be provided by Jessica's Cottage of Granite City.

Proceeds from the program will go to SEMC's Cardiac Emergency Fund, which assists people who have been diagnosed with cardiac disease and cannot afford to pay for necessary items like medication.

Tickets are \$10 per person and are available at St. Elizabeth Medical Center, 2100 Madison Ave., in Granite City; and at Tops 'N' Bottoms, 1343 19th St., in Granite City. Call the SEMC Education Resources Department at 798-3850 to learn more.

pressure to settle for less than adequate compensation.

"I think this will be a hardship to all of us who are up against huge corporations and insurance companies and have no means of support due to their injuries," O'Leary said, adding that the cases can often take two to three years to conclude if the defendant decides to prolong the discovery process.

Opponents of the law practice have said that it creates an improper financial interest by the firm in the outcome of a client's case, creates a conflict of interest and precludes smaller law firms with limited financial resources from competition with larger firms with extensive lines of credit.

"None of our clients was dissatisfied with our representation," he said.

O'Leary said the change will be a hardship for injured workers like Elberger, upon whom

what prior courts had said was a valid practice." O'Leary said Monday.

"Now they have seen fit to interpret it differently," O'Leary said that the clients in all four cases cited by the ARDC were in financial difficulty, for example, unable to pay utility bills or with sick children and insurance companies threatening to discontinue coverage.

And he said, while most cases brought before the ARDC are initiated by clients of the accused attorneys, this case was brought by a lawyer for a railroad company.

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"None of our clients was dissatisfied with our representation," he said.

O'Leary said the change will be a hardship for injured workers like Elberger, upon whom

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## Calendar

(Continued from Page 5A)

Stress Management Class, 7 to 8 p.m., at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

**Thursday, Feb. 2**  
Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.  
Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m. at Anchorage Recreation Center, 2905 Edwards St. For information, 797-6351 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1 (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John

United Church of Christ, 2901 Nameoki Road, Granite City, 331-0445.

**Friday, Feb. 3**  
Eagles Auxiliary 1126 will host a dessert sale from 5 to 8 p.m. at the Aerie fish dinner for its Diabetes Fund. Contact Sue Allen to donate cakes or to volunteer to work.

Greater Beneficial Union of Pittsburgh, District 491, Granite City Council, meets at 8 p.m. at the Knights of Columbus Hall, 4225 Old Alton Road, Granite City. James P. Reagan, president, can be reached at 288-7396, and Mary Solomon, secretary, can be reached at 451-9201.

Al-Anon meets at 8 p.m. at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at St. Elizabeth Medical Center. Call 798-3804 for more information.

**Saturday, Feb. 4**  
Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Polish Pierogi Sale, Sacred Heart of Jesus Church, 530 Reynolds, Madison, 9 a.m. to noon. Seven varieties: Cabbage, cheese, kraut, potato, sausage and kraut, plum pudding and taco. Carry outs only. \$6 per dozen. Cooked

and ready to eat and eat. Also available as chrusceki and ruszkes, \$3 per plate. Order ahead by calling 876-5860.

Rescue Mission, 1538 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

**Sunday, Feb. 5**  
Collinsville Sportscenter Show will be held from 10 a.m. to 4 p.m. at the Collinsville Gateway Center, Highway 157 and Interstate 65 70 in Collinsville. Admission is \$1. Family admission is \$2. For more information, call 254-0864.

The Pontoon Beach Jaycees regular meeting is held at 7:30 p.m. at Ralph and Charlie's Steak House. The meetings are open and the public is invited.

Senior Social Club, meets at the

Township Hall, doors open at 12:30 p.m., bingo and games start at 2 p.m. Call 877-1216 for more details.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Bingo, 1 p.m. at the Nameoki Bingo Center.

Overeaters Anonymous, meets at 2 p.m. in the Wiesman Room, first floor, St. Elizabeth Medical Center in Granite City.

**Monday, Feb. 6**  
Disabled American Veterans Chapter 53 Auxiliary, 1417 19th St., Granite City, 876-7816, 8 p.m.

## BABY SHOTS

TO MEDICAL PATIENTS  
DR. ASHRAF'S OFFICE

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Make this the week to try on Red Wings—The Comfort Shoes.

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BRING THIS AD IN AND WE'LL TAKE AN ADDITIONAL \$10.00 OFF OUR ALREADY DISCOUNTED PURCHASES.

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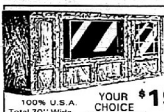


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Traditional 3 pc. design • Solid oak doors, fenders, and mouldings • Raised panel arched pocket doors with Accurate 30" • Storage drawer holds 30 VHS tapes, 120 CDs, or 80 audios • Deluxe all beveled glass in front and right units • Left & right speaker openings can be multi-purpose • VCR opening below TV doors • Brass pulls, knobs & back plates • Adjustable shelves in center, left & right pieces

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• Full Queen Headboard  
• 6 Dr. Triple Dresser  
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24" sq. w/mirrors  
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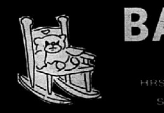
36" \$450

54" \$590

72" \$875

## SOLID OAK ANTIQUE REPRODUCTIONS

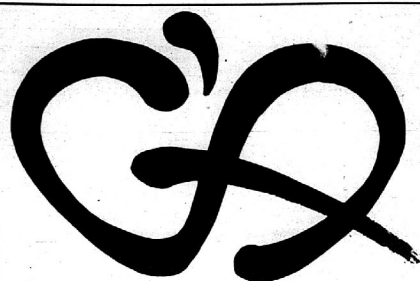
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*Because teachers  
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St. Clair Square is offering you a golden opportunity to acknowledge an outstanding teacher through the Golden Apple Awards - our teacher recognition program developed with the endorsement of Martha O'Malley, Regional Superintendent of Schools in St. Clair County.

A good educator can make the difference of a lifetime for our children. Not only do they enrich their lives with knowledge...they nurture curiosity...encourage creativity...and foster confidence in the adults of tomorrow. Oftentimes, without even a thank you.

Now in its fourth year, the Awards are our way of showing support and appreciation to the teachers of St. Clair County and providing you with the opportunity to honor those teachers whom you feel have made an exceptional contribution toward the education of our children.

All teachers currently teaching in St. Clair County, in public or private schools, are eligible and may be nominated by either a parent, student, fellow staff member, administrator, or community member. However, previous Golden Apple Award recipients are not eligible.

Teachers nominated will be contacted for additional information. A panel of judges which will include retired teachers, representatives from the Regional Superintendent of School's Office, and representatives of St. Clair Square will select 25 teachers, each of whom will receive a prestigious Golden Apple Award.

These teachers will be honored at The Golden Apple Awards Ceremony, a festive celebration to be held in May at St. Clair Square.

## GOLDEN APPLE AWARDS NOMINATION

Teacher's Name \_\_\_\_\_  
School \_\_\_\_\_  
Subject/Grade Level \_\_\_\_\_  
Your Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_

### I AM A (CHECK ONE):

- ☐ Parent  
☐ Student  
☐ Fellow Staff Member  
☐ Administrator  
☐ Community Member

Along with this form, please include a letter (not more than two pages) describing the outstanding qualities of the teacher being nominated, as well as other pertinent information. Nominations will be accepted through Wednesday, February 22, 1995. Please bring your nomination to this St. Clair Square Management Office or mail to:

THE GOLDEN APPLE AWARDS  
St. Clair Square  
134 St. Clair Square  
Fairview Heights, IL 62208

\*Nominations by students are restricted to teachers whom students have had in previous years and not during the 1994-1995 school year.

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Get a 30 point safety and maintenance inspection at no charge. Have your vehicle ready for winter.  
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**Laura**

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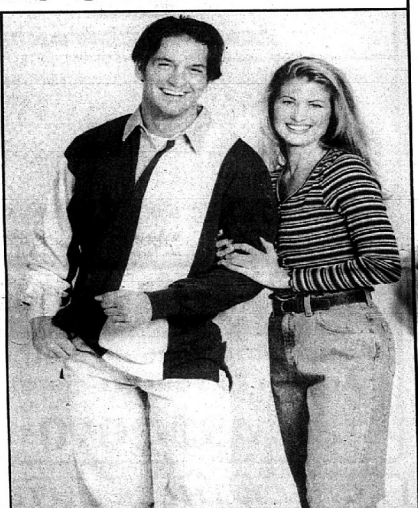
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## Footnotes East Inv

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## BASKETBALL

Warriors take on SWC  
for Collinsville.

Thursday

Art  
VoellingerFootnotes from  
East Invitational

Among the spectators at the Belleville East Invitational was retired East athletic director Lloyd Elmore, who inaugurated the tourney some 27 years ago. While conversing with Lloyd about the change to up-tempo basketball in recent years, I found myself reminiscing in not passing along previously the fact that Elmore now is a member of the University of Missouri Sports Hall of Fame.

**THE RECENT DEATH** of John "Hi" Simmons, the longtime baseball coach at Mizou, prompted me to share again with Elmore that he was part of the 1954 Tigers national championship team.

"It's the only national championship team in school history," beamed Elmore, honest enough to admit that he wasn't the greatest of hitters as a catcher.

"What did you hit?" I asked regarding Lloyd's batting average while performing with a team that included pitcher Norm Stewart, a Tiger more known for his basketball achievements. "Mostly singles," Elmore replied.

Also able to smile when recalling Sunday afternoons in Southern Missouri when he'd catch men's league games while refusing to wear a chest protector and shin guards, Elmore credited Simmons as "a good baseball man."

Elmore readily recalled the '54 title game in Omaha, Neb., where lefthanded pitcher Ed Cook of Granite City gained a 4-2 triumph over Collins, Mo.

**OVERTIME:** A 29-point, 12 rebound performance by O'Fallon's Chris Thunell in the 64-56 East title victory over Cahokia left little doubt of the 9-8 senior's MVP award.

Also an all-tourney performer earlier in the Collinsville-Schnucks Holiday Classic, Thunell netted 31 points in each of his first two East tourney games, but was most impressive with a rare move in the semifinals against Belleville West.

While O'Fallon trailed 27-26 in the second quarter against West, Thunell took a pass just in front of the free-throw line with 6-7 Michael Jones defending.

With his back to the basket, Thunell faked turning to his left and then turned to his right, where it appeared Jones was in position to block a shot.

Thunell, though, added another fake. Rather than shoot right-handed, he moved the ball to his left hand and sank a lefthanded jump shot.

"We work on that," said O'Fallon Coach Norm Koehnjes. "Good players should be able to use both hands."

**RIM SHOTS:** While finishing third in the Invitational might have been a disappointment for East, the Lancers did pull their record to 10-3 with a convincing 85-66 victory over West in the last game.

That contest again proved that the Lancers lead the area in the development of young players. A year after freshman Clint Sitzes moved into a starting East position, frosh Josh Helbig is doing the same.

Two inches taller than Sitzes at 6-3, Helbig already is being compared to former Collinsville star Richard Keene. (Art Voellinger is the baseball and soccer coach at O'Fallon. He writes a twice-weekly column for the Journal.)

Southwestern Conference				
Team	W	L	Overall	
Collinsville	10	9	13	5
Belleville East	3	2	10	5
Belleville West	3	2	7	8
Belleville West	2	3	5	9
Granite City	0	4	4	12
Alton	0	4	5	9

**Saturday, Jan. 28**  
Belleville West 85, Belleville East 72  
Collinsville 68, Alton 67  
East St. Louis 60, Granite City 42

**Friday, Feb. 3**  
Belleville West at Collinsville, 8 p.m.  
Belleville East at Granite City, 8 p.m.  
East St. Louis at Alton, 8

**Saturday, Feb. 4**  
Mascoutah at Belleville East, 8  
Granite City at East St. Louis, 8  
East St. Louis at East St. Louis, 8  
Riverview Gardens at Alton, 9

LOCAL JOURNAL  
SPORTS(Staff photo by KYLE HESTER)  
Ray Smith pulls up for a shot as teammate Jay Simpson looks on and Lawuan Powell defends in Saturday's game.(Photo by T.W. MILLER)  
Kevin Feigenbutz (left) and the Warriors will begin the postseason Saturday at the Cahokia Class AA Regional.(Photo by T.W. MILLER)  
Ervin Claggett works his way past a defender in Saturday's game against Cincinnati. Claggett had 20 points in SLU's 75-68 win.Claggett-led Bills claw 'Cats  
'Venice Menace' 3-point bombs key SLU winBy Tony Panozzo  
Staff writer

Like the St. Louis University men's basketball team, Ervin Claggett's shot was off in the first half Saturday against Cincinnati. But the Billikens' senior guard had a feeling both would return.

Claggett, the "Venice Menace," hit two crucial 3-point baskets and scored 10 points in the final 10 minutes in SLU's come-from-behind 75-68 victory over Cincinnati at Kiel Center. The Billikens handed the Bearcats their first loss in Great Midwest Conference play and improved to 13-4 overall.

Cincinnati came into the game ranked 19th in the nation by the Associated Press and 6-0 in the GMC. The Billikens, who improved to 4-2 in conference play, rebounded from a hard-fought 84-80 overtime loss to Memphis last week and climbed back into contention for the conference title.

**THE BILLIKENS FOUGHT** back from a 40-33 halftime deficit with a 17-0 run to begin the second half and held off the bigger, more physical

Bearcats (15-6) down the stretch. The victory was SLU's biggest to date this season.

"We didn't get down, we just knew we had to be calm and collected," said Claggett, who finished with 20 points after scoring just seven in the first half. "We didn't really look at it as a must game. Every game is important."

SLU's win, however, came after a difficult loss to Memphis and an 84-73 loss at Cincinnati on Jan. 19. SLU kept its conference title hopes alive and denied the Bearcats a chance at a perfect season in the GMC.

"IF CINCINNATI would have won, we could have mailed the hardware in," SLU coach Charles Spoonhour said. "They're the team to beat in our league, not to take anything away from Memphis. They make life very difficult for you."

The Billikens appeared outmatched at times in the first half, when the Bearcats made the most of their significant height advantage and dominated under the basket. Claggett hit an early 3-pointer but was held to just two other field goals in the first half.

(See CLAGGETT, Page 2B)

Flyers' cold treatment  
dooms Warriors 66-42  
GCHS offense sputters in loss to East SideBy Rob Raphael  
Staff writer

East St. Louis got revenge for an earlier-season defeat by beating Granite City 66-42 on Saturday night at a frigid East Side gym.

Granite City (4-12) shot a miserable 30.3 percent from the field (13 of 43) in the loss and committed 22 turnovers to only 13 for East Side (5-10).

The only thing lower than the Warriors' shooting percentage might have been the temperature inside the gym, which has had its share of problems keeping warm this year.

**THE FLYERS HAVE** also had their troubles this calendar year, and Saturday's victory was East Side's first of 1995.

"We had lost some heartbreakers this month, which carried over from the Christmas tourney," said Flyers coach Dwight Howard. "But we put things together tonight, and we beat a team that we knew we should have beaten last time."

Granite City coach John Van

## East St. Louis 66, GCHS 42

GRANITE CITY	Opp	pts	reb	ft	pts
Ray Smith	—	0	2	12	11
Jay Simpson	—	0	2	11	11
Wayne Myers	—	1	1	0	3
Steve Logan	—	0	0	0	0
Chris	—	0	0	0	0
Jason Peach	—	0	0	0	0
Keith Gibson	—	0	0	0	0
Greg Vaughn	—	0	0	0	0
Yard Ertan	—	0	0	0	0
Jeff Wallis	—	0	0	0	0
Steve Anderson	—	0	0	0	0
Totals	—	13	4	12	42

EAST ST. LOUIS	Opp	pts	reb	ft	pts
Harold Mathis	—	9	4	2	20
Delmarious Chapman	—	0	0	0	0
Dammon Jackson	—	2	1	0	4
Barth Kibicki	—	1	0	0	2
Lawuan Powell	—	0	0	0	0
Scottie Huggins	—	0	0	0	0
Rodney Sessions	—	1	0	0	2
Jerome Williams	—	0	0	0	0
Totals	—	25	5	2	26

Granite City coach John Van

Buskirk agreed the climate

## BASKETBALL

Madison meets Spring  
field Calvary.

Thursday

could have been more favorable in a place where it's always tough to win.

"That's no excuse, it could have been so degress in here and the score would have been the same," he said. "But it added to the surroundings, and this is already an intimidating place to play."

"There's no question we were intimidated tonight, even though we tried to talk the kids out of it before the game. But it just didn't work."

**THE WARRIORS, WHO** have a habit of starting slowly, actually took an 8-4 lead on a three-point play by Wayne Myers, who was held to just seven points but did grab seven rebounds to lead Granite City.

But the Flyers outscored the Warriors 11-0 the rest of the opening quarter. Dammon Jackson, who led East Side with six assists, hit DeMarcus Chapman for an easy basket that tied the score at 10.

Harold Mathis, who scored a game-high 20 points, converted a

(See WARRIORS, Page 3B)

Regional meet next up  
for GCHS matmen (24-0)By Tony Panozzo  
Staff writer

The Granite City wrestling team followed up its worst match of the year with two of its best last weekend in dual victories over East St. Louis and Pinckneyville.

The Warriors, coming off last Thursday's 48-15 victory over Cahokia, posted consecutive shutouts with a 77-0 win over East St. Louis on Friday and a 78-0 rout over Pinckneyville on Saturday. Granite City swept both teams and improved to 24-0 to complete the regular season.

Granite City will head into the postseason with the St. Louis area's top ranking and fresh confidence after struggling against Cahokia last week. The Comanches forfeited four matches and won more matches on the mat than the Warriors, who lost five bouts for the first time this season.

**COACH MIKE GARLAND** said the Warriors rebounded strongly over the weekend, but against lesser competition than Cahokia. "I'm not still kind of concerned with the Cahokia match," Garland said. (See GCHS, Page 2B)

Alton to make  
bid for Legion  
World SeriesBy Steve Porter  
Staff writer

Alton is going national. Or at least, the Alton American Legion Post 126 baseball team is staking its big time.

Post 126 plans to bid for the 1997 American Legion World Series. The national baseball finals are scheduled Aug. 22-26.

**ALTON MANAGER Dave** Hopkins and Illinois Legion Vice-Chairman Wayne Wirz of Highland hope that eight teams will be funneling into Moore Park for the double-elimination finals.

Amateur baseball may never be the same around these parts if that happens.

"There never has been a Legion World Series in Illinois, so it would be a famous first for us," said Wirz, also the manager of the Highland Legion team.

Hopkins said: "We have the capability to do it. The community has a lot to offer and our facility at Moore Park is perfect for it. We just need to make a commitment to get it done."

Wirz said Alton, the host team, needs to put together a proposal by the end of March and then be able to make a presentation to national Legion officials by May. The bid is expected to be awarded later this year.

**THIS YEAR'S World Series** will be played Aug. 25-29 in Fargo, N.D. The 1996 Series is set for Aug. 22-27 in Corvallis, Ore.

Alton civic and business leaders recently met with Wirz and Hopkins to go over details for Post 126's strategy.

"I think we'll be bidding against two or three other communities," Wirz said. "It's not an easy task, but if there's an emphasis on Midwest logistics, we've got a good opportunity to get it."

Post 126 would have to guarantee \$50,000 to the national Legion committee in order to be able to serve as tourney host. "I'm confident we can raise the funds. I'm optimistic about it," Hopkins said. (See LEGION, Page 2B)

Journal Writers' Poll  
Wrestling

1. Granite City (1).....60
2. (tie) Hazelwood East (2).....49
3. (tie) Francis Howell (3).....49
4. St. Charles West (4).....42
5. Wentzville (5).....36
6. Belleville East (6).....31
7. Howell North (7).....22
8. Collinsville (8).....17
9. McCluer North (8).....10
10. Hazelwood Central (10).....7

(Last week's rankings in parentheses.)

Journal Writers' Poll  
Boys Basketball

1. Vashon (1).....13-3
2. St. Charles West (5).....13-2
3. Riverview (4).....13-3
4. Edwardsville (2).....11-2
5. Hazelwood Cent. (3).....12-4
6. CBC (8).....13-4
7. De Soto (6).....14-3
8. De Mot (7).....12-5
9. Collinsville (NR).....11-5
10. Webster Groves (NR).....11-5

(Last week's rankings in parentheses.)

Also receiving votes: Francis Howell North, Roseville, Moberly, O'Fallon, Eureka, Troy and Belleville East.

## SMALL SCHOOLS

1. Cardinal Ritter (1).....14-3
2. Columbia (2).....12-2
3. Berkeley (3).....12-5
4. John Burroughs (7).....9-4
5. Lutheran South (5).....13-6
6. Gibault (4).....11-4
7. Herculanum (6).....11-6
8. Rosary (8).....10-6
9. Affton (9).....11-6
10. Lebanon (NR).....12-6

(Last week's ranking in parentheses.)

Journal Writers' Poll  
Girls Basketball

## Large Schools

1. Cor Jesu (1).....15-0
2. East St. Louis (2).....18-0
3. Parkway South (3).....15-3
4. McCluer (4).....13-1
5. Nerinx Hall (5).....11-4
6. Wentzville (5).....11-2
7. Northmandy (6).....13-2
8. Northwest (7).....12-6
9. Belleville East (9).....12-6
10. Hazelwood C. (NR).....14-3

(Last week's rankings in parentheses.)

Also receiving votes: Troy, Francis Howell North, Lincoln.

## Small Schools

1. Incarnate Word (1).....14-2
2. Windsor (2).....12-2
3. Wesclin (3).....13-5
4. Wellston (4).....10-2
5. Warrenton (5).....12-3
6. (tie) Rosati-Kain (6).....13-1
7. (tie) Herculanum (NR).....11-4
8. John Burroughs (NR).....10-4
9. Freeburg (NR).....10-5
10. Duchesne (6).....11-6

(Last week's rankings in parentheses.)

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## 9-



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## Warriors

(Continued from Page 18)

three-point play to give East Side a 13-10 lead with less than a minute to go in the period. Chapman finished with 14.

The Flyers then stretched

their lead to 21 by outscoring the Warriors 24-18 over the second and third quarters.

LaWan Powell, who made four steals and took down 10 rebounds, picked off a pass and fed Jackson for a long 3-pointer

off the backboard just as the halftime buzzer sounded.

"We did a good job on the boards and on defense tonight, and really our offense looked good in spurts too," Howard said. "I thought we put everything together in the third period. We talked at halftime about keeping our intensity up."

East Side scored a 10-0 run to outscore Granite City 20-9 in the third quarter. Eddie Johnson (five points, five rebounds) scored on a putback, and Chapman followed with a bucket off a rebound to start the streak.

The Warriors were three for 12 from the field in the quarter, and were outscored 10-3 on a night the Flyers had a 36-27 edge on the boards.

GCIS was led by Ray Smith's 12 points and Jay Simpson's 11.

"We knew we would have to slow the play down in order to have a chance," Van Buskirk said. "But we didn't. We tried to play fast, and we committed a lot of turnovers - most of them caused by us."

"We had been playing well physically for a few games, but this game is 90 percent mental - and that's where we were lacking," Howard said. "We're still looking for the right chemistry."

The Warriors were scheduled to play Collinsville in a makeup game Tuesday night. Their next game is Friday at home against Belleville East.



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185/80SR13 W/W 56	185/80SR14 W/W 58	205/75SR14 RWL 81	205/75SR14 RWL 85	205/70SR14 W/W 89	205/70SR14 W/W 93
185/70SR14 W/W 59	185/70SR14 W/W 59	205/75SR15 BLK 65	205/75SR15 BLK 69	205/70SR14 W/W 93	205/70SR15 BLK 89
185/70SR14 BLK 62	195/75SR14 W/W 60	215/75SR15 BLK 71	215/75SR15 RWL 89	205/70SR15 BLK 89	205/70SR15 W/W 92
195/75SR14 W/W 62	205/75SR14 W/W 62	215/75SR15 RWL 89	225/75SR15 BLK 76	205/70SR15 W/W 92	205/65SR15 BLK 88
205/70SR14 W/W 63	205/70SR14 W/W 63	225/75SR15 W/W 87	225/75SR15 RWL 89	205/65SR15 BLK 88	215/65SR15 BLK 92
205/75SR14 W/W 64	205/75SR14 W/W 64	225/75SR15 RWL 89	225/75SR15 W/W 87	215/65SR15 W/W 92	215/65SR15 W/W 95
215/75SR15 W/W 66	215/75SR15 W/W 66	225/75SR15 W/W 87	225/75SR15 W/W 87	215/65SR15 W/W 95	215/65SR15 W/W 96
225/75SR15 W/W 67	225/75SR15 W/W 67	225/75SR15 BLK 79	225/75SR15 BLK 79	215/65SR15 W/W 96	225/75SR15 W/W 99
225/75SR15 W/W 68	225/75SR15 W/W 68	225/75SR15 RWL 89	225/75SR15 RWL 89	225/75SR15 W/W 96	225/75SR15 W/W 99
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## Young at Heart group meets

The Young at Heart Senior Citizens of Holy Family held its monthly meeting on Jan. 16 in the church community center. The meeting was called to order by Cleo Siebert, president. Sister Margaret Mary led the group in prayer, followed by the Pledge of Allegiance.

The minutes of December's meeting were read by the recording secretary, Cleo Siebert. In the absence of Winifred Kelly, Schnefke read the treasurer's report. Mary Rita Ahlers, friendship chairwoman, reported sending get-well cards to Kelly, Ann Zinn, Jean Francis, Viola Lindner and Dorothy Bourisaw. A thank-you note was received from Zinn, thanking everyone for their prayers and get-well wishes.

Elizabeth McCoy, membership chairwoman, reported 77 members in attendance, including three new members, Regina and Edward Forsy and Thelma Ward.

The Young at Heart hosted the Feast of the Holy Family. Siebert thanked everyone for bringing and serving cookies, hot chocolate and coffee after each Mass on Jan. 1. She also received a thank-you note from Sister Mary Alice thanking the Young at Heart for hosting a reception in her honor and for the gift she received. Thank-you notes were also received from Sister Margaret Mary, Sister Angelina and Sister Stanley for the Christmas gifts they received.

Ruth McClure, vice president, announced a

corned beef and cabbage dinner will be held at the March meeting. Instead of bingo, Irish dancers will perform. Irma Manning, trip chairwoman, received thank-you notes from Sister Margaret Mary and Sister Bernadette for their trip to Steelville, Mo., for the annual Christmas show.

The trip to Arnold, Mo., to see the Shoji Tabuchi show is Feb. 7. The bus will leave the church parking lot at 2:30 p.m.

Siebert received a thank-you note from the Church Women United Choir for the donation the Young at Heart gave them for their songs at the Christmas party. This is another ecumenical relationship between different churches coming together.

Birthday celebrants for January were Leatrice Thebeau, Ernie Woods, Dixie Boyer, Warren Bequette and Vernon Vaszuez.

Attendance prizes were won by Frances Bury, Ruby Patton, Bequette, Siebert, Regina Forsy, Catherine Wiese, Gladys Skubish, Ann Konopka, Ed Boyer, Art Lindner and Ahlers. Following refreshments of doughnuts, hot apple cider and coffee, the rest of the evening was spent playing bingo.

The next monthly meeting will be held Feb. 20 in the church community center.

## Bethel Chapel holds rededication services for auditorium

The congregation of Bethel Chapel Pentecostal Church, 2511 Street and Ohio, will have special services to rededicate the auditorium at 11 a.m. Sunday, Feb. 5. An extensive remodeling project has just been completed. Along with the project, the sanctuary has received a "facelift" with new pews and carpeting. The total cost of the project has been in excess of \$60,000, which has been fully paid by coopera-

tive efforts of the congregation. Bethel Chapel was established in 1918 by the late Rev. Ralph Cook. Rev. and Mrs. Kenneth Brand assumed the pastorate in 1982 at the retirement of Brother Cook. Rev. and Mrs. Clifton Galtier assumed the duties as pastor in 1972 when the Brands resigned to become missionaries in the country of Peru; then the present pastors, Rev. and Mrs. Leon Bell, came to the church in

May of 1985. A fellowship dinner will be served in the church fellowship hall after the dedication service. Pastor Bell and his congregation invites everyone to attend. Rev. Clifford Hurst will lead the congregation in revival services beginning at 7 p.m. Sunday, Feb. 5. The revival services will continue at 7:30 p.m. Monday through Friday of that week.

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P235/70SR14	\$64.75	P235/70SR14	\$79
P185/60SR14	\$47.75	P185/60SR14	\$56
P205/60SR14	\$52.75	P205/60SR14	\$66
P215/60SR14	\$56.75	P215/60SR14	\$70
P225/60SR14	\$59.75	P225/60SR14	\$74
P235/60SR14	\$62.75	P235/60SR14	\$77
P185/50SR14	\$45.75	P185/50SR14	\$54
P205/50SR14	\$50.75	P205/50SR14	\$64
P215/50SR14	\$54.75	P215/50SR14	\$68
P225/50SR14	\$57.75	P225/50SR14	\$72
P235/50SR14	\$60.75	P235/50SR14	\$75

## MAXIMUM PLUS

55,000 MILE EXPECTANCY	ROAD HAZARD WARRANTY
P175/80R-13	\$38.75
P185/80R-13	\$45.75
P195/80R-13	\$48.75
P205/80R-13	\$51.75
P215/80R-13	\$54.75
P225/80R-13	\$57.75
P235/80R-13	\$60.75

## PERFORMANCE CAR RADIALS

REMINGTON XT-120	50,000 MILE EXPECTANCY	ROAD HAZARD WARRANTY
P175/70SR-13	\$49.75	
P185/70SR-13	\$54.75	
P195/70SR-13	\$58.75	
P205/70SR-13	\$61.75	
P215/70SR-13	\$64.75	
P225/70SR-13	\$67.75	
P235/70SR-13	\$70.75	
P175/60SR-13	\$47.75	
P185/60SR-13	\$52.75	
P195/60SR-13	\$56.75	
P205/60SR-13	\$59.75	
P215/60SR-13	\$62.75	
P225/60SR-13	\$65.75	
P235/60SR-13	\$68.75	

## METRIC

COMPACTS & IMPORTS	ROAD HAZARD WARRANTY
155SR-12	
165SR-12	\$37.75
175SR-12	
185SR-12	
195SR-12	
205SR-12	
215SR-12	
225SR-12	
235SR-12	

## REMINGTON RIMFIRE XLT

ALL SEASON	ROAD HAZARD WARRANTY
P205/75R15	\$69.75
P215/75R15	76.75
P225/75R15	78.75
P235/75R15	79.75
EXTRA LOAD	
P235/75R15	84.75

## REMINGTON WIDE BRUTE A/P

ALL SEASON EXTRA DUTY	ROAD HAZARD WARRANTY
LT225/75R16/8	\$99.75
LT225/75R16/10	105.75
LT245/75R16/10	109.75
LT275/85R16/8	107.75
LT275/85R16/10	105.75
LT275/85R16/12	105.75
30x9.50R15/6	105.75
31x10.50R15/6	105.75
32x11.50R15/6	113.75
33x12.50R15/6	124.75
35x12.50R15/6	139.75
35x12.50R16/8	144.75

## REMINGTON MUD BRUTE

HEAVY DUTY LUG	ROAD HAZARD WARRANTY
LT235/75R15/6	\$96.75
LT235/75R15/8	105.75
LT245/75R16/10	119.75
LT265/75R16/8	122.75
LT265/75R16/10	119.75
LT265/75R16/12	122.75
LT275/85R16/8	122.75
LT275/85R16/10	122.75
30x9.50R15/6	99.75
31x10.50R15/6	105.75
32x11.50R15/6	113.75
33x12.50R15/6	124.75
35x12.50R15/6	139.75
35x12.50R16/8	144.75

## UNBEATABLE SPECIAL SERVICE COUPONS

DISC BRAKE SERVICE	4 HEAVY DUTY GAS CUSHIONED SHOCKS - Installed	ROTATION & COMPUTER BALANCE	DOUGLAS BATTERIES GUARANTEED 5 YEARS
Install Front Disc Brakes, Bleed Lines, Replace Wheel Bearings, Road Test, Resurface Rotors.	\$99.00	\$19.95	\$39.75
\$49.95 Semi-Metallic \$59.95	Struts \$119.95 + up	Most Vehicles Custom Wheel Ends Not Valid With Other Coupons	Most Vehicles \$39.75

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Need quick results, Buying or Selling? Try the Journal Classifieds!

OPEN SKATING SAT. & SUN. 1-5 PM \$3.00 ADMISSION SKATE RENTAL INCLUDED 656-1369

Include Renting In Your Wedding Plans We can help you have the kind of wedding reception you've dreamed of at a price you can afford. Mothers Church of Christ - 1200 Bellvue Collinsville 345-8050

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95 Olds SOLD loaded 5xxx  
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94 Olds SOLD 91xx  
94 Cad Sedan DeVille 19xxx  
94 Olds 88 LSS Sport Sedan  
94 Pont. Grand AM 24xxx  
94 Olds Achieva 19xxx  
93 Cad. Sedan DeVille 25xxx  
93 Cad. Sedan DeVille 25xxx  
93 Cad. Touring Sedan Top Of The Line  
93 Cad. Seville, 1 Owner & Nice  
93 Olds. Clera Sedan 24xxx  
93 Cad. Sedan DeVille 20xxx  
93 Toyota Camry XLE 26xxx  
93 Pont. Bonneville SE Grn. & Gold

MR. ELDER SAYS, REDUCE THE INVENTORY MORE!! NO REASONABLE OFFER REFUSED

92 Cad. Sedan DeVille 1 Owner  
92 Cad. Sedan Roadster 48xxx  
92 Cad. Sedan DeVille 46xxx  
92 Cad. Eldo. Touring Cpe. 25xxx  
92 Cad. Sedan DeVille 48xxx  
91 Cad. Sedan DeVille 40xxx  
91 Buick Park Ave. SAVE  
91 Cad. Seville Nice 42xxx  
91 BMW 525i Sedan Polo Grn.  
90 Cad. Fleetwood Front W.D. 40xxx  
90 Olds. Silhouette 8 pass. 54xxx  
90 Ch. Sold ugham  
88 Cad. Fleetwood, Extra Nice, FWD  
87 Fly. Fury Sedan Perfect  
87 Co. SOLD xxx  
85 Olds. Cutlass Cpe. V-8, 50xxx  
84 Olds 90 Cpe. 1 Owner Nice

ELDER Cadillac - Oldsmobile

10400 West Main Belleville, IL. 397-8200

Back Talk by Dr. Warren A. Stewart, Jr.

THE RIGHT TOUCH Although about two-thirds of cases of low back pain improve spontaneously within thirty days, not everyone has the luxury of waiting that long before he or she can return to work or recreation. Low back pain sufferers often turn to chiropractors for immediate relief. One well-designed study to show chiropractic's effectiveness in this respect involved using either massage or manipulation to treat subjects who had never before undergone manipulation. After the courses of treatment, the subjects were also tested to measure their flexibility. On both counts, manipulation by the chiropractor was shown to reduce pain more immediately after treatment than massage. If you suffer from this problem, or any other back condition, and haven't been helped by traditional medicine, come in and get a second opinion. At the office of WARREN A. STEWART, JR., D.C., we evaluate your problem and see if you qualify for chiropractic care. We treat the cause of the problem, not just the symptoms. Please call 398-2121 to schedule an appointment. We are located at 10251 Lincoln Trail, Suite 12, Fairview Heights, M-F 8am-6pm. P.S. When compared to other nonsurgical treatments (such as anti-inflammatory drugs), chiropractic manipulation offers the most immediate relief from low back pain.

Greater St. Louis Int'l

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'95 Model Cars, Vans, Light Trucks & 4-Wheel Drive Vehicles!

Feb 8-12 Cervantes Conv Cir

Experience... VORIAN! Transforming Robotic Race Car!

Meet and Talk To "VIE" and "LARRY" from TV's "American Gladiators" - Fri. Feb 10 8pm SAT. Feb 11 2-5 & 8-9pm SUN. Feb 12 1-5pm & 8-9pm

See... CONCEPT CARS OF THE FUTURE!

Enter to win a '95 FORD EXPLORER

\$2.00 Off Discount Coupons for run of show available at all participating NEW CAR DEALERS and SCHNUCK'S markets. Adults \$5. Children 6-12 \$3. Under 6 Free. WED FEB 8-FRI FEB 10 11am to 10pm SAT FEB 11 10am to 10pm SUN FEB 12 11am to 7pm

For more details and how to enter, call 800-258-8917

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4 off \$4.00 off the \$4.00 off "SCHNUCK'S DAY" FEB 8 ONLY

Schnuck's







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## ATTENTION! DON'T WASTE TIME!

Everyone Welcome: Take advantage of our LOW furniture prices today!

Make the wise decision! SAVE, SAVE, SAVE with LOW warehouse prices for furniture & mattresses!

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3 pieces for only **\$288** ALL NEW

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FREE LAYAWAY! SLEEPERS FROM ONLY **\$288**

3 pieces **\$298**

Be the first for the best selections! QUANTITIES ARE LIMITED!

POSTURE SERIES BEDDING **\$88**

ALL THREE PIECES

COMFORT FIRM **\$39**

TWIN \$39, FULL \$49, QUEEN \$59, KING \$59

COMFORT-PEDIC FIRM **\$64**

TWIN \$64, FULL \$84, QUEEN \$108, KING \$99

BRASS HEADBOARDS ANY SIZE **\$38**

BED FRAMES TWIN OR FULL \$19, QUEEN OR KING \$29

CHEST 4-DRAWER ONLY **\$39**

4-PIECE BEDROOM SUITES

FREE LAYAWAY! **\$268**

Finely detailed suite from Hart's Cherry Collection. Full or queen size headboard & frame, mirror & double dresser plus your favorite option-chest & nightstand extra.

FREE LAYAWAY! **\$298**

4-PC. TRADITIONAL BEDROOM SUITE. DRESSER, MIRROR, FRAME, HEADBOARD

**\$188**

4-PC. TRADITIONAL BEDROOM SUITE. DRESSER, MIRROR, FRAME, HEADBOARD

**\$298**

4-PC. TRADITIONAL BEDROOM SUITE. DRESSER, MIRROR, FRAME, HEADBOARD

**\$298**

4-PC. TRADITIONAL BEDROOM SUITE. DRESSER, MIRROR, FRAME, HEADBOARD

**\$298**

4-PC. TRADITIONAL BEDROOM SUITE. DRESSER, MIRROR, FRAME, HEADBOARD

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MIKE SHANNON SAYS... **NOBODY BEATS OUR PRICES!**

2 1/2 TON CENTRAL AIR 10+ S.E.E.R. 100,000 BTU GAS FURNACE 80% A.F.U.E.

In Place Of Existing System Gas And Electric To Present Supply. Duct Work Changes, and Present Equipment Types May Vary Price.

**\$1995.00** INSTALLED

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IN ST. LOUIS TO STAY PROFESSIONAL SERVICE ON ALL MAKES

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## AARP Chapter 1340 holds monthly meeting

President Pauline Hanson called the regular January meeting of the American Association of Retired Persons Chapter 1340 to order.

Reports were made by Betty J. Smallie, secretary, and Jim Gerbo, treasurer. Mike Lombardi reported on membership and expressed a need to recruit additional pallbearers, which is a service provided by the local chapter for many years.

It was reiterated that the paid-up life membership age is 85 and these members should register with the local chapter every year.

Dues for 1995 are now due.

The name drawn for the special prize was William Mulroney, but since he was not in attendance and will increase to \$25 for member, the prize was not claimed and will increase to \$25 for the next meeting, which will be the Valentine dance in February.

The chapter members were encouraged to respond to their congressmen and representatives regarding the Social Security and Medicare action alert.

These are benefits that Americans earned during their working years. Further cuts would destroy seniors' security. Keep your representatives apprised of your views.

Refreshments were served and the remainder of the evening was spent playing games.

All seniors, 50 and older, are welcome to attend meetings. For more information, call 878-8328.

**Upcoming Health & Wellness Programs**

**FREE BLOOD PRESSURE SCREENING, O'Fallon, Tuesday, February 7, 1-4 p.m.** at St. Elizabeth's new Diagnostic Center, 102 Springfield Court. Provided by the hospital's Wellness Program. No appointment needed.

**FREE BLOOD PRESSURE SCREENING, Belleville Area College, Tuesday, February 14, 10 a.m. - 1 p.m.** Also, a **CHOLESTEROL SCREENING, Wednesday, February 15, 10 a.m. - 1 p.m.** Cost \$8. Free blood pressure check. No appointment needed.

**HEART HEALTHY SCREENING, Peace Lutheran Church, Belleville, Friday, February 17, 10 a.m. - noon.** Includes Cholesterol, Diabetes and Blood Pressure Check. Fee: \$8. By appointment only. Sponsored by St. Elizabeth's Hospital, Belleville Area College's PSOP and St. Clair County Health Department. Register by February 15 - call 234-6463.

**BE HEART-SMART! Monday, February 27, 7 p.m.** Free public education program in conjunction with National Heart Month - February. Speaker, Dr. Roop Lal of Cardiology Consultants, Ltd. will discuss the symptoms, diagnosis and treatment of heart disease, and answer participant questions. To register for this free program, call 234-2120, extension 1575.

**St. Elizabeth's Hospital of Belleville**

An Affiliate of Hospital Sisters Health System

A member of UNITY HEALTH NETWORK

**FRANK'S® Save 50% On Any Tropical Plant!**

Save 25% Valentine Mugs

Save 50% On Any One Tropical Plant

Save 50% Silk Ivy Garland

Stock Up On Top-Quality All Seasons Wild Bird Food!

3 for \$10 All Seasons Wild Bird Food

2 for \$5 Seed Starting Trays

2 for \$1 Windowill Trays

Save 25% Every Grow Light

Surprise that special someone this Valentine's Day with a thoughtful gift idea from Frank's!

Valentine Candy & Candy Making Supplies

Chocolate Conversation hearts

Cookie cutters Sprinkles More

35¢ to 7.99

Assorted 2 and 3 layer throws

100% cotton Reg. 19.99 to 39.99

Now, expanded Craft Dept. at these locations!

Bridgeton Fairview Hts.

Visit Our Pet Care Departments at all Frank's locations!

Sign up today for CRAFT CLASSES!

Additional details at stores.

Store Hours: Monday thru Friday 10am to 6pm Saturday 8am to 8pm Sunday 10am to 5pm Sale ends 2-8-95

St. Charles 4630 Hwy. 94 N. Outer Rd. (314) 826-8355 St. Charles 3725 Harry S. Truman (314) 947-7148 Bridgeton 1293 St. Charles Rock Rd. (314) 268-7667 North County 11015 Old Halls Ferry (314) 325-6234 St. Louis 4650 Lindbergh (314) 351-4010 Ballwin 5331 Manchester Rd. (314) 299-8777 Kirkwood 1135 S. Kirkwood (314) 821-8666 Shrewsbury 125 Kenrick Plaza Dr. (314) 952-8878 Fairview Hts. 110 Commerce Lane (314) 397-1251 Overland 2902 Ridge (314) 429-9125 Senior's Wednesdays get 10% off your total merchandise purchase. Must be 60 or over.

NEW, expanded Craft Dept. at these locations!

St. Charles 4630 Hwy. 94 N. Outer Rd. (314) 826-8355 St. Charles 3725 Harry S. Truman (314) 947-7148 Bridgeton 1293 St. Charles Rock Rd. (314) 268-7667 North County 11015 Old Halls Ferry (314) 325-6234 St. Louis 4650 Lindbergh (314) 351-4010 Ballwin 5331 Manchester Rd. (314) 299-8777 Kirkwood 1135 S. Kirkwood (314) 821-8666 Shrewsbury 125 Kenrick Plaza Dr. (314) 952-8878 Fairview Hts. 110 Commerce Lane (314) 397-1251 Overland 2902 Ridge (314) 429-9125 Senior's Wednesdays get 10% off your total merchandise purchase. Must be 60 or over.

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**30% OFF**

42" Table W/18" Leaf & Back Chair

1/2 Mile N. of 76 Tr HRS: SUN 12-6, M-T

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**GRANIT 1406 ILL. 870**

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Now thro save 20% boxes, bir hardware only time be on sale

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**"NOW CUT THIS OUT!"**  
 Electrolux vacuum  
 dealer - **JOHN ELLIOTT**  
 offering sales and service.  
 This "ad" is NOT perpetual.  
 I am, (almost) - OVER  
**30 YEARS.**  
*You call me, I'll come.*  
**618-281-8227**  
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 CUSTOM DRAPERIES, ETC.  
 We've  
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 Mon., Fri. 9:00-5:00  
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**PRESLEY TOURS** - See Your Travel Agent  
**ARIZONA** 10 days \$969<sup>00</sup>  
**MYRTLE BEACH** 8 days \$689<sup>00</sup>  
**BRANSON** 3 days from \$265<sup>00</sup>  
**SOUTH TEXAS** 8 days \$699<sup>00</sup>  
**Texas Wildflowers** 8 days \$759<sup>00</sup>  
**EMERALD COAST** 8 days \$699<sup>00</sup>  
**HOLLAND TULIP** 4 days \$325<sup>00</sup>  
**Riviera Holiday** 7 days \$599<sup>00</sup>  
**Call 1 (800) 621-6100** For our Free '95 Catalog

### FOOT PROBLEMS?...

- Bunions • Ankle Injury • Corns • Hammertoes
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**SOLID OAK INSTEAD OF SOLID CHOCOLATE**

**30% OFF** ALL SOLID OAK DOOR & DINETTE TABLES  
 42" Table  
 W/18" Leaf & 4 Press  
 Back Chairs  
**\$545<sup>00</sup>**  
**Solid Oak**  
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**& Hutch**  
**Hutch \$544**  
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**Curio**  
 1/2 Round  
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**\$140<sup>00</sup>**  
 1/2 Mile N. of 76 Truck Stop on Frontage Rd., Troy, IL.  
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If you are seeking representation for hospital, physician, nursing home or legal malpractice

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**Once A Year, We Take 20% Off Our Best Merchandise.**

Now through February 14 save 20% on feeders, nesting boxes, bird baths, hanging hardware and more. It's the only time all these items will be on sale all year.

**ALL BIRDSEED ON SALE!**

**THISTLE 79¢ any quantity** **OIL SUNFLOWER 10.95 50 lb.**

**Wild Birds Unlimited**  
 Schnuck's Swansea Plaza • Hwy. 159 • 235-3370

## Marriage licenses

The following marriage licenses were issued through the office of Madison County Clerk Debbie Salich:  
 Robert Concepcion and Mary Coakley, both of Granite City  
 Brandon Darrill of Waukegan, Ill., and Rebecca Griffith of Granite City  
 David Kasheimer and Joann Weidner, both of Madison  
 Ronald Kays of Pontoon Beach, and Stacey Knauss of St. Jacob  
 James Mecalo and Janie Weber, both of Granite City  
 David Newberry and Pamela Bouchard, both of Granite City  
 Franklin Nolen and Deborah Borkowski, both of Granite City

Bill Palmer and Beverly Jackson, both of Granite City  
 Joseph Risinger and Rachel Perigan, both of Madison  
 Scott Schmid and Angela Lewis, both of Granite City  
 Michael Wood Jr. and Carrie Whitehorn, both of Granite City  
 The following marriage licenses were issued through the office of Janice Delaney, St. Clair County Clerk:  
 Larry Sanders of Venice, and Lisa Gordon of Lovejoy  
 Lamonte Brown and Calantha Wilson, both of Venice  
 Paul O'Beir of Granite City, and Paula Newgent of Belleville  
 Johnell Evans and Jewel Ratliff, both of Pontoon Beach



**Fifth generation** — Shown are, from left, Rick Thompson of Granite City, grandfather; Carrie Poyner of Granite City, formerly of Corning, Ark., great-great-grandmother; Alissa Thompson of Granite City, mother of Luke Thompson, fifth generation; Amy Perigo of Granite City, mother of fifth generation; Ashton Perigo and Garner Perigo, who is sitting on great-grandmother Jean Thompson's lap. Jean Thompson resides in Corning.

## FEBRUARY SPORTS CAR RENTAL SPECIAL

**Valentine Day Special Only**  
 On Sport & Luxury Cars  
**\$33<sup>95</sup>**  
 + 200 FREE MILES  
 Call Sarah or Gail 656-6070



**CASSENS RENTAL**  
 HWY. 159 DOWNTOWN EDWARDSVILLE

**February Is Pasta Month!**  
 -Every Monday Thru Thursday-  
**Buy One Pasta... Get 2nd Pasta FREE**  
 FRI • SAT • SUN •  
 4 - 5:30 pm  
 \*2nd Pasta of Equal or Lesser Value, Dining Room Only, Offer Ends 2/28/95 NO SEPARATE CHECKS  
 \*tax required on both dishes- Not Valid On Valentine's Day  
**Mungo's Italian Restaurant**  
 1620 Lebanon Ave., Lake Christine Center  
 Belleville, IL 235-7545

## After New Year's Savings!

**Coffee Table & 2 Ends**  
 Starting at **\$89<sup>95</sup>**

**Entertainment Centers**  
 Starting at **\$799<sup>95</sup>**

**Pine Table & 4 Chairs**  
 Starting at **\$99<sup>95</sup>**

**3 Pc. Living Room**  
 Starting at **\$199<sup>95</sup>**

**Cahokia Discount Furniture**  
 2917 Camp Jackson Rd.  
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**337-1600**

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**236-2646**

**VALENTINE'S DAY**  
**THE \$1.98 STORE**  
**SPECIAL PURCHASE**  
**Bistro \$1.98**  
 by Chantilly  
 Plus many other colognes to choose from  
**Musical Valentine Cards** \$1.98  
**NOVELTY CANDY HEARTS** 2 for \$1.98  
**Candy Decorations & More** \$1.98 OR LESS  
**COLLINSVILLE** 2229 Vandavia (on Hwy 159 on the northern edge of Collinsville) **345-5757**  
**ALTON** 220 Regional Drive (between Target and Alton Sq.) **442-1112**  
**BELLEVILLE** 7320 Westfield Plaza (between Venture and Pharo-Mor) **277-1329**  
**WOOD RIVER** 1411 Vaughn Rd. (on Hwy 111 next to Wal-Mart) **259-4648**

**SATURDAY Experience**  
 SUN MON TUES WED THUR FRI SAT

Make your Saturdays count - enroll in one or more of our classes offered at the Granite City Campus. Classes begin Feb. 11!

**ARTS AND CRAFTS**  
 Mother's Child Sweatshirt  
 Hearts/Flowers Valentine Sweatshirt (Ages 14 & Up)  
 Spring Sweatshirt Painting (Ages 14 & Up)  
 Kids' Clothes Painting  
 "Honey" Nice Tee-Shirt (Ages 14 & Up)  
 Multi-Holiday Centerpiece  
 "Welcome" Door Banner  
 It's for the Birds  
 Fundamentally Flowers II  
 Fundamentally Flowers II  
 Your Bridal Bouquet  
 Anyone Can Draw I  
 Anyone Can Draw II  
 Bows, Bows, & More Bows I  
 Bows, Bows, & More Bows II  
 Basket Weaving/Launch Pail  
 Basket Weaving/Pottery Wall Basket  
 Simply Sensational Sunflower Wreath  
 Spring Grapevine Wreath  
 Springtime Topiary Tree  
 Quilting for People Who Don't Have Time to Quilt  
 Fabric and Lace Padded Photo Album  
 Imito Calligraphy  
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**BUSINESS AND COMPUTERS**  
 How to Be a Family Child Care Provider  
 Computers Don't Bite  
 Windows 3.1 for Absolute Beginners  
 Intro to Macintosh PC  
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 How to Start and Run an Antique Business  
 Pricing and Identification of Antiques  
**KIDS 'N TEENS**  
 Handprints (K-3)  
 Boot Scootin' (for Kids (Grades 4 & Up))  
 Cartooning for Kids (Ages 8-16)  
 Eddie Eagle Gun Safety  
 Dinosaurs-To-Go (Grades K-6)  
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 Maintaining and Operating Your RV  
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 Introductory Graphoanalysis  
 Basics of Signaling  
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 Creative Writing  
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 Effective Interviewing Skills  
 Update Your Landscaping  
 The Successful Flower Gardener  
 Bonsai  
 Woodworking Workshop  
 Furniture Refinishing  
 How to Deal with Difficult People  
 Attitude Adjustment I  
 Attitude Adjustment II  
 Firearms Skills & Safety  
 Boating Safety & Seamanship  
**THE COOK'S CORNER**  
 Beginner's Cake Decorating  
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 The Goutless Gourmet  
 Elegant Beginnings  
 Beyond Basic Barbecue  
**Call 931-0600 to register**  
 4950 Maryville Rd., Granite City, IL

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 Call today!

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 1 Month **Unlimited Airtime**  
**FREE Motorola Phone**  
**\$18.95 PER MONTH**

## Stay on the move and keep in touch in color.

Introducing the NEC Sport II Numeric Pager in blue, purple, green, black and clear for only \$55. Sign up now and you'll receive the first three months of airtime for only \$6.50 a month! This offer ends soon, so call today.

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# Horoscope

Wednesday, Feb. 1  
It is a lovely day to skip all your duties, grab a pal and hang out or explore a new part of town. At work, major gains are made by attacking that rolodex and promoting team spirit among co-workers with a good laugh or a shared lunch hour. A romantic tip: Being a friend to each other is the most potent love potion.

ARIES (March 21-April 19). Time spent with a good friend or two can be the breath of fresh air you've needed — your confidence and sense of fun are renewed by having warm pals around you. Explore new ideas and possibilities.

TAURUS (April 20-May 20). Career matters are advanced by thoughtful analysis of sensitive situations. A caring adviser is willing to help you with lots of special tips — the advantage of being on the inside is yours.

GEMINI (May 21-June 21). Fun is the key to success, especially if it involves making life brighter for a mother or a pal. You could break into a new world with the kind of terrific ideas and friends that you're drawing in.

CANCER (June 22-July 22). Use diligence and ability to anticipate the needs of others to get the job done. Morning hours are auspicious for seeing what's been needed in a puzzling matter — put finishing touches on personal projects.

LEO (July 23-Aug. 22). The answer to an important question comes from a partner or friend — but you've got to be listening. Be easy on yourself while your energy is low. Postpone decision-making, except for helping kids make up their minds.

TODAY'S BIRTHDAY (Feb. 1)  
**BINGO**  
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\$100,000 Jackpot • Full • Color  
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FROM 10:00PM TO 2:00AM  
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MONDAY THRU FRIDAY  
11:00AM TO 2:00PM—4:00PM  
TO 8:00PM

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HAVE YOUR DESTINY REVEALED  
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1/2 BROASTED CHICKEN  
DINNER — 11:00AM TO 8:00PM  
**ONLY \$1.99**  
KITCHEN OPEN MON-FRI  
NEW KITCHEN HOURS: 11:00 TO 2:00PM  
AND 4:00PM TO 8:00PM

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LIVE ENTERTAINMENT • DANCE • DRINKS  
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**GABBY'S BAR & GRILL**  
presents  
**LIVE ENTERTAINMENT**  
Feb. 3 & 4; 11 pm - 2 pm  
Steel City  
**DAILY LUNCH SPECIALS**  
M-Th 6am-2am, SAT 4pm-2am  
FRI 6pm-2am, SUN 6am-1am  
1500 State Street  
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**BINGO**  
Saturday Night  
Doors Open 4 PM  
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## Joyce Jillson

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1). Devote yourself to making the most of heightened magnetism and mental powers through this special year of recognition and reward. In March and April, dynamic career moves can be made. Give creative urges freedom or get married in May and June. A dream could come true in August or September. Staying on top will be the goal for '96'.  
2). VIRGO (Aug. 23-Sept. 22). Those whose work can be done

at home are full of creative energy and ideas for organizing and improving. Take a special interest in an older relative's needs. You could cook up a masterpiece tonight.

LIBRA (Sept. 23-Oct. 23). Confusion about time and place result in delightful spontaneous encounters. Enjoy using your imagination — put a personal touch on everything you do. You're lucky now — bet on your hunch, and trust your timing.

SCORPIO (Oct. 24-Nov. 21). Expert advice gives you the edge if you're ready to take it. It doesn't help in a family matter to criticize — think of a constructive suggestion and say that instead. You have good fortune in money matters.

SAGITTARIUS (Nov. 22-Dec. 21). A lucky break may help you skip a step on the road to success. Plans for travel, relocation or an exciting new career road are definitely realistic. Keep your feet on the ground as you head for the top.

**Last Resort Night Club**  
3666 Hwy. 111 • 1/4 Mile South of Hwy. 162  
**931-3050**

FRI & SAT • FEB 3 & 4 **RANDOM ACCESS**  
FRI • FEB 10 **CRUZN**  
SAT • FEB 11 **LAZER**  
**CLASS ACT LAZER VIDEO KARAOKE**  
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**STAN FORNASZEWSKI BIG BAND**  
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GIVE OUR BIG BAND CASSETTE TAPES  
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"Ear Plugs Not Needed For Our Bands"

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**Waterloo Sportsman's Club**  
Shotgun  
**Meat Shoot**  
And  
**Meat Raffle**  
Featuring Double G Hams  
**Sunday, Feb. 5th**  
Enclosed Heated Pavilion  
**RAIN or SHINE - 12:00 NOON**  
**Club Grounds**  
7 Miles South of Waterloo  
Gun Furnished or Bring Your Own  
Memberships Available  
Lunch and Refreshments  
Featuring Free Soup  
\*No Swedge Barrels Or Scopes\*

Belleville's favorite Country Craft Show is back. Featuring folk art, primitives, dolls, wearable art, dried wreaths, gourmet foods, and much more.

**Country Treasures**  
**FOLK ART & CRAFT SHOW**  
**FEBRUARY 3, 4 & 5**  
Belle-Clair Fairgrounds  
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Friday — 4 pm to 8 pm  
Saturday — 10 am to 5 pm  
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\$2.00 Admission  
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Make no mistakes, accept no substitutes, there's only ONE Country Treasures Show with something for everyone.

**BELLEVILLE SHOW**  
Jann Severd Promotions, Inc.  
Country Treasures Shows  
P.O. Box 9 Freeburg, IL 62242  
Phone: 618-539-3395 • Fax: 618-539-4734

**CAPRICORN** (Dec. 22-Jan. 19). Benefits you've wanted go with the job you get now — don't hesitate to pursue possible sources of income. A good buy may be offered on a big purchase — consider taking on a credit burden.

**ENTERTAINMENT**  
EVERY WEDNESDAY  
9:00PM TO 1:00AM  
NEW KITCHEN HOURS:  
MONDAY THRU FRIDAY  
11:00AM TO 2:00PM—4:00PM  
TO 8:00PM

**NIGHT SPOT & LOUNGE**  
LIVE ENTERTAINMENT • DANCE • DRINKS  
CARRYOUTS AVAILABLE • 24 HOURS

**Fish Fry**  
Every Friday  
11 am - 7 pm  
Delivery available to  
Businesses & Schools  
(limited area)  
Everyone Welcome  
**VFW Auxiliary**  
Post 1300  
2044 Washington Ave.  
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**PLAYER'S Pub & Grill**  
"Where Winners Come to Play"  
(CATERING TO CURRENT  
MUSICAL TASTES)  
**BIG SCREEN Blues/Games**  
**Drink Specials**  
Thursday Nite  
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Friday Nite  
Jazz  
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**Thursday Night Is Ladies Night**  
LIVE ENTERTAINMENT  
**"GABBY"**  
Well Drinks \$1.00

**FRIDAYS**  
**PIZZA & PITCHER**  
FOR 2  
12" PIZZA & 60 OZ PITCHER (soda or beer)

**LIVE ENTERTAINMENT**  
Friday & Saturday  
**"Firelake"**  
SUNDAY  
**"Bail Jumpers"**

**NEIGHBORHOOD**  
**Eddie's**  
BAR & GRILL  
452-4142

**AQUARIUS** (Jan. 20-Feb. 18). With so much fun afoot, you're bound to be distracted from routine pursuits — besides, there may be more to gain from a little socializing. Luck comes through following friendly

Public Invited  
**FISH FRY**  
FRIDAY, FEBRUARY 3rd  
4:00 P.M. - 7:00 P.M.

Serving  
**COD, CATFISH AND JACK**  
Dinner or Sandwiches  
(Carryouts Available)

**ST. ELIZABETH CHURCH**  
Johnson and Pontoon Roads

Public Invited  
**NAMEOKI CINEMA**  
Nameoki Village, Granite City • 877-8630

**Richie Rich**  
FRI. SAT. 7:15 9:30 SAT. SUN. MAT. 2:00  
SUN. THURS. 7:15

**STARTS FRIDAY!**  
**DISCLOSURE**  
FRI. SAT. 7:00 9:45 SAT. SUN. MAT. 2:15  
SUN. THURS. 7:00

**Now FREE REFILL on Popcorn & Soft Drinks!**

**FIN INN BAR WITH VIEWING WINDOWS NOW OPEN!**  
**GOOD FOOD WITH A PLEASANT ATMOSPHERE**  
WE SPECIALIZE IN  
• River Fish • Chicken  
• Turtle Soup • Sea Food • Steak  
NOW AVAILABLE: 2 HOUR VIDEO OF THE FISH AND TURTLES AT FIN INN LOTS OF ACTION ONLY 199  
**3000 GALLONS OF AQUARIUMS WITH LOTS OF TURTLES AND FISH! WE HAVE 23 TABLE SIDE AQUARIUM VIEWING WINDOWS.**  
ON RT. 100-GRAFTON, IL  
HOURS: 7 DAYS A WEEK  
11 AM - 8 PM  
(618)786-2030

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ON RT. 100-GRAFTON, IL  
HOURS: 7 DAYS A WEEK  
11 AM - 8 PM  
(618)786-2030

**MONDAY & TUESDAY**  
Chicken Drumsticks 99¢ dozen  
**TUESDAY**  
Pizza Melt Burgers 99¢  
**WEDNESDAY**  
Shrimp 15¢ each  
**THURSDAY**  
Tacos 75¢  
**FRIDAY**  
Pizza & Pitcher \$5.99

**FRIDAYS**  
**PIZZA & PITCHER**  
FOR 2  
12" PIZZA & 60 OZ PITCHER (soda or beer)

**LIVE ENTERTAINMENT**  
Friday & Saturday  
**"Firelake"**  
SUNDAY  
**"Bail Jumpers"**

**NEIGHBORHOOD**  
**Eddie's**  
BAR & GRILL  
452-4142

2900 Nameoki Rd.  
Granite City



# Today's Food

Wednesday, February 1, 1995

## Food & Nutrition

### Wise Ways

When eating out in the fast lane, speak up and pick the best while tooting the horn of drive-through plenty.

INSIDE

### Living Lean for Adults

Dried fruits entice snackers. Make the most of sun-dried tomatoes — after all, they are a fruit — for instant flavor.

INSIDE

### Blue Ribbon Cook

Orange is the winning flavor of the week in this month's Fruity Muffin Recipe Contest.

INSIDE

### Private Label Test Run

Sausage and biscuits are a warm, quick, filling breakfast item that avoids a stop at an eatery en route to work or school.

INSIDE

### Micro Raves

Barb Gray has tips for adding cooking to shopping for a sum of two people having a nutritious, pleasant and delicious meal together without excessive work or leftovers.

INSIDE

### Lively Taste

Aroma from the oven is the precursor of good taste in winter months. The smell of bread baking or meat roasting sets the taste buds to expect the very best. Hearty sandwiches are quick to heat and flavor the air with aroma, too. A whole sandwich can be wrapped in aluminum foil or heated open-face until edges of the bread are browned. For liberal flavor and aroma, lace a lean sandwich with fruit chutney, spicy mustard, grated horseradish or bottled hot sauce.

## Health & Fitness

### Medicine Chest

Homeopathic — or "natural" — medicines are not regulated by the U.S. Food and Drug Administration, so information on their safety and effectiveness is not necessarily reviewed before marketing. Heed the advice of a health professional before using homeopathic products.

### Fresh Picks

Sweet potatoes compound flavor and nutrition. Place 1 pound sweet potatoes, peeled and cut 1/2-inch thick, in a 1-quart casserole coated with nonstick cooking spray. Combine 1 tablespoon cornstarch and 1 tablespoon brown sugar, then stir in 3/4 cup unsweetened orange juice and 2 tablespoons lemon juice. Pour over potatoes. Bake, covered, in preheated 425° oven 40 minutes until potatoes are just tender and glaze is thickened.

### Kids' Cuisine

Children judge food by how it looks. They like color. A slice of apple with a colored peel or orange can save a lunch. They may prefer pasta with sauce on top, rather than mixed, so it has bright color rather than a washed-out look.

### Future Shop

The U.S. continues to lead the world in consumption of frozen food. An average of \$100 is spent by each person a year. The fastest growing frozen food markets worldwide are Chile and Argentina, in case you are in the export market.



## Kick the FAT Habit

By Janice Denham  
Staff writer

Who cares about diet? People want to talk about eating — the more the better.

Snacks and desserts come up first. In the interest of better eating habits, have you given up your mate's habit of Saturday morning doughnuts in favor of spreading bagels with jam and fat-free cream cheese? Good for you. Are you trading in potato chips for pretzels in the lunch bag? Good for you.

Tit for tat: You thin down my favorite foods, I

won't add more gooey fat.

There is plenty of room to make many good foods even better. Registered dietitian Rita Telken works with patients at Washington University School of Medicine and is a volunteer for the American Heart Association.

"Thinning down existing family dishes is often not as difficult as it seems. Take it one ingredient at a time. Sometimes it even saves time, which we all are looking for today," she says.

SEE KICK, INSIDE TODAY'S FOOD PAGE 2



### Smart Eating Contest

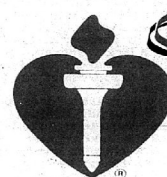
February is National Heart Month, which runs as deep as the true meaning of Valentine's Day. It is a time of setting a course for delicious, healthful eating. The St. Louis Chapter of the American Heart Association and Suburban Journals want to know what delicious foods you have moved healthfully from up your sleeve onto your plate.

To enter the Eating Right Recipe Contest, send a single recipe in one or in each of four categories:

- **30-Minute Main Dish:** It can be any type of main dish — hot or cold — not prepared in a microwave oven.
- **Microwave:** Anything goes here. Appetizer, snack, sandwich, main dish and dessert stack up the same.
- **Ethnic Dish:** Have you streamlined your creamy pasta sauce, do you make rouladen with the leanest beef or is your trifle a trifle lighter? Share your secret with the world.
- **Fruity Dessert:** Anything like apple crisp, fruit-layered cake or fruity bread can have a lightweight outlook.

Recipes should keep fat, cholesterol and sodium low, contain few ingredients, conserve preparation time as much as possible, and call for everyday ingredients. Extra consideration for prizes is given entries that include a second, less heart-healthy recipe on which the heart-smart recipe is based.

Send them by Feb. 17 to: Eating Right Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.



American  
Heart  
Month

### Eating Right Recipe Contest

Submitted by:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

**Recipe Category or Categories**  
(one entry per category, per household, please)

☐ **30-Minute or Less Main Dish**

☐ **Ethnic Food**

☐ **Microwave Dish**

☐ **Fruit Dessert**

Mail with recipe by February 17 to:

**Eating Right Recipe Contest**  
Suburban Journals  
1714 Deer Tracks Trail  
St. Louis, Mo. 63131

# Today's Food

## Private Label Test Run

**national**  
NEW-MICROWAVEABLE  
GREAT TASTE...GUARANTEED QUALITY

**SOUTHERN STYLE**  
Sausage and Biscuits



Quick, easy, and delicious  
Fully Cooked. Keep Refrigerated. May Be Frozen.

NET WT 6.3 OZ 178g

Sausage and biscuits are a quick way to have breakfast or a snack in a jiffy.

## Grab-'n-go biscuits get quick inspection

Lots of people make it through morning with a ready-to-eat sausage-and-biscuit sandwich in each hand. *Journal* tasters checked out the southern-style variety from National Super Markets.

Both the buttermilk biscuit and mildly-seasoned sausage left favorable impressions.

"The color is good on the biscuit and the meat has a nice aroma," was a taster's first impression.

"The meat has the right amount of spice," another added quickly.

At \$1.59 for four sandwiches in two packs, a package costs 50 cents less than a similar national brand. At National it is kept among the packaged sausages and biscuits.

In spite of their high fat

(11 grams per sandwich), one said, "I'd rather serve this to my kids a couple times a week than having them not eat breakfast. They're going to say they don't have time, but this is quick, very easy and has great flavor, so I think it would appeal to all ages. It fits little kids, too, who might go through the morning on an empty stomach."

Directions are given for heating the fully-cooked sandwiches in a microwave or a conventional oven. Two from the freezer took about a minute to warm on high power.

The tongue-taste of the meat was neither overly spicy nor greasy. "I've had some of these where the sausage got leathery or flabby and the bun lacked the flavor and feel of food. These are a delight, compared with them. They have a nice steamy flavor, just like they'd been made for me," a taster added.

## Blue Ribbon Cook

## Orange and pecans flavor light muffins

Denise Brown, Glencoe, is this week's winner of dinner certificates to the Pasta House Co. for Mandarin Orange Muffins.

Weekly winners on the five Wednesdays in March will be taken from entries in the Citrus Recipe Contest, which should be postmarked by Feb. 28. A recipe for any type of dish that uses any type of citrus—orange, lemon, grapefruit or whatever—is welcome.

A single entry to the con-

test should be sent to: Citrus Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

### MANDARIN ORANGE MUFFINS

- 1 can (11 oz.) mandarin orange segments
- 1 tbsp. orange extract
- 2 cups flour

- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup packed brown sugar
- 1/4 cup granulated sugar
- 1 egg, well beaten
- 1 carton (8 oz.) dairy sour cream
- 1/2 cup butter or margarine, melted
- 1/2 cup chopped pecans

Preheat oven to 400°. Line muffin pans with paper liners. Drain orange segments, reserving liquid. Add orange

extract and enough water to liquid to make 1 cup.

In large bowl, combine flour, baking powder, baking soda, salt, brown and granulated sugars.

In separate bowl, combine egg, sour cream, orange liquid and butter. Add to dry ingredients with oranges and pecans. Stir until just moistened.

Fill lined muffin pans two-thirds full. Bake in preheated oven 20 to 25 minutes. Makes 1 1/2 dozen.

## Wise Ways

By LINDA BLUMENBERG

## Build those Dagwood sandwiches

Fast food does not have to be fat food. Healthy choices are available at most chain eateries. All it takes is opening your mouth — to speak up for lower-fat ingredients.

"Wise Ways" occasionally will feature a fast food outlet to point out menu items that fit a healthy diet. Readers can use the suggestions as strategies for making selections at favorite eateries.

"The Place Where Fresh Is the Taste" is the Subway slogan. Company literature promotes the concept that food is prepared to order, allowing greater individual control. Customers can watch their sandwich or salad being assembled, requesting exactly the ingredients they want.

This makes it easy to keep the meal lean, nutritious and tasty and make a monument that would make Dagwood Bumstead proud.

The aroma of baking bread that greets Subway customers entering the shop reinforces the idea of freshness. White and wheat 6- or 12-inch subs and 4-inch round white rolls are baked in the restaurant's daily. Whole-grain

bread generally have more fiber and a pleasant nutty flavor, so the wheat sub is a good choice. Subway calls its darker bread "wheat," rather than "whole-grain," and bakes a few more calories into it. Its literature does not include information on fiber content.

Sandwich menus tend to vary slightly from region to region in the Subway chain, with most offering both hot and cold subs and round sandwiches. Healthy choices on the cold sub list include lean meats like turkey, ham and roast beef. Cheese adds both fat and calories. The veggie-and-cheese sub has no meat, so it is comparable in fat and calories to meat sandwiches without cheese.

Any of these meat-and-no-cheese fillings on a 6-inch sub without mayonnaise has about 250 to 325 calories, about 30 percent of them from fat. On the hot sandwich list, a six-inch steak-and-cheese sub has about 350 calories, jumping to 38 percent of them from fat.

What is there to add for extra crunch, flavor, fiber

and nutrients but few calories and little fat? Try flavorful onion, lettuce, tomato, green pepper, pickle, mustard or hot peppers. Since fat-laden mayonnaise comes standard on the 4-inch round sandwiches, it is best to specify "no mayo" when ordering.

Another important strategy for healthy eating is controlling portion size. Extra-sized portions means eating extra calories, fat and sodium as well. Obviously, fat and calories in 6-inch subs are half that in 12-inchers, yet even the 6-inch size is more than many people eat comfortably for lunch.

A 12-inch sub cut in 3 portions gives me one to share with a friend, one for myself, and one to refrigerate for tomorrow's lunch. If I am eating alone, a 4-inch round makes a good personal portion size.

Subway also makes salads. Like with the subs, the healthiest choices are those made with lean meats that keep the calorie count close to 300. Light Italian dressing or a splash of vinegar keeps

total calories low. Pouring on two tablespoons of regular dressing almost doubles the fat and calories of an otherwise healthy salad.

Healthy eating is an important part of a healthy lifestyle. Make fast food part of that healthy lifestyle by choosing moderate-size portions of lean meats, crispy vegetables and low-fat spreads on whole grain breads.

Ask for low-fat or skim milk when available. Finally, bring along or add a piece of fruit to give a nutritious, sweet finish to this healthy meal.

Customers can pick up a leaflet listing nutrition information for several menu items at many Subway stores. For a more complete list, write to: Research and Development Nutritional Division, Subway World Headquarters, 325 Elm Drive, Milford, Conn. 06460.

Certified home economist Linda Blumenberg is a nutrition specialist with University Extension (University of Missouri system) in Montgomery County.

## Micro Raves

By BARB GRAY

## Cooking for two people begins with smart shopping

According to the last census, there are more households of one or two people than ever before in history and the number continues to grow. A microwave oven, ideal for the small household, saves time and energy dramatically.

Cooking for one or two begins in the supermarket. As average family size decreases, supermarkets cater more to the needs of the smaller household.

In the produce department, buy a handful of green beans rather than a pre-packaged pound or select one tomato

rather than taking several in a sealed tray. The same goes for carrots: Pick up one or two instead of a pound. While it may be cheaper originally to buy a larger amount, boredom over same-old meals or spoilage of extra food can be costly, too.

Every market does not have a butcher behind the counter, learn to ring the bell for service and request just one pork chop or one-fourth pound of ground beef. Buy a half-dozen eggs and one stick of butter at a time.

When buying frozen vegetables, bigger is better. Open a

poly bag of loose-pack vegetables, remove some and reclose the bag with a twist. A handful of frozen vegetables, covered, usually requires only 2 to 3 minutes of microwave time on high power for an instant side dish or snack.

Empty a bowl of Broccoli Noodle Soup while waiting for a frozen entree to heat. Pick ramen noodles with less salt and fat.

Apples are a good buy, particularly while produce from the rainy West is priced high. They make a good side dish, dessert or topping for pan-

cake or waffles.

### BROCCOLI NOODLE SOUP

- 1 cup chopped fresh or frozen broccoli
- 2 cups hot water
- 1 pkg. (3 oz.) chicken-flavored ramen noodle soup

In 4-cup glass measure or bowl, microwave broccoli and water on high power 5 to

6 minutes until boiling.

Break up ramen in packet. Add to water, stirring as necessary to cover with water. Microwave on medium-high (70 percent) power 3 minutes, stirring once. Stir in seasoning packet from soup.

Makes 2 servings.

Note: Leftover cooked vegetables can be used in place of fresh or frozen. For a hearty soup, add 1/2 cup chopped cooked chicken or turkey.

What is there to add for extra crunch, flavor, fiber

### SAUTEED APPLES

- 1 large cooking apple, peeled, sliced
- 1 tsp. margarine
- 1 tsp. brown sugar
- Pinch cinnamon
- 1/2 cup vanilla yogurt

In 2-cup microwave-safe bowl, microwave apple, margarine, brown sugar and cinnamon, covered, on high power, 3 to 4 minutes until apple is tender.

Certified home economist Barb Gray specializes in microwave cooking.

## Kick

Continued from page 1C. athy and handy dishes are her goal at home and at work.

Telken says there are three ways to face a fatty ingredient: Use less, substitute something else for it or wipe it out completely.

As a challenge, she took on a winner from America's Best Bean Recipe Contest sponsored by the American Dry Bean Board.

"Beans are a popular favorite for their versatility, taste appeal, nutrition and economy," she says. "However, you can take advantage of their high-protein attributes by using them with other lower-fat ingredients."

She notes, "This is a good dish for practice. Many people don't consider an egg dish practical, but there is no reason to give up favorite foods when eating healthfully and creatively, she says.

The original called for tortillas instead of a pastry crust — already a good idea. It also called for soaking and cooking dry beans, which Telken extended preparation time, and high-fat ingredients — 6 eggs and 3 packages of cream cheese.

"I ended up going in several directions. Canned black beans can be drained and rinsed in a colander, although there is less sodium using dry beans. Spices are handy to use when cutting fat, so a flavorful ethnic recipe and Tex-Mex is really big these days — can be fun to work with. I cut the spice in this one as lean as anyone wants to go without losing its tang," she says.

She leaves jalapeno pepper and cumin optional and relies simply on chili powder and pepper sauce for flavor warmth. She tried the ultimate — all fat-free cream cheese — and found she had

gone too far, so she put a little more cheese with fat back in the dish.

"You cannot always go to the store when cutting fat. You may be able to cut 4 tablespoons oil down to 2, but you may not be able to cut it out of a banana bread recipe completely," she says.

To cut cholesterol, she replaces half the whole eggs with egg whites — and adds a couple drops yellow food coloring to hype the color.

"A little color contrast on the side of an egg dish, whether you use whole eggs or not, always adds to the dish's appearance. The salsa adds both color and flavor and the cilantro helps eye appeal."

A dish attracts interest if it has colorful carrot, a radish rose, green pepper rings or a wedge of tomato on top or beside the food. Fat-free sour cream and a sprinkling of chives would do that, to this

dish, too.

She tested it with other members of the nutrition committee of the American Heart Association, St. Louis Chapter.

Their consensus: It would make a delicious main dish, but would be more popular as an appetizer. It is quick to put together, plus hands-off baking time. It can be cooled to room temperature on a wire rack and refrigerated overnight to serve the next day. It can be eaten warm or cold, but warming improved its texture. Individual slices freeze well.

### BLACK BEAN CASSEROLE

- 2 cans (15 oz. each) black beans
- 4 to 6 flour tortillas

- 1 pkg. (8 oz. brick, not tub) fat-free cream cheese
- 1 pkg. (8 oz. brick, not tub) neuthefat (light cream) cheese
- 3 whole eggs
- 3 egg whites
- 2 tsp. minced garlic
- 2 to 2 1/2 tsp. pepper sauce
- 1 tsp. chili powder
- 2 tsp. Worcestershire sauce
- 2 drops yellow food coloring
- Salsa
- Cilantro sprigs

Preheat oven to 300°. Spray 9-inch cake pan or spring-form pan lightly with non-stick cooking spray.

Line side of pan with tortillas, overlapping to fit. Drain, rinse, then drain beans well in colander. Coarsely chop beans with fork.

In large bowl, beat both packages cream cheese until fluffy. Beat in whole eggs and egg whites, one at a time. Beat in beans, garlic,

pepper sauce, chili powder, Worcestershire sauce and food coloring. Pour mixture over tortillas.

Bake in preheated oven about 50 minutes until center is just set and sharp knife inserted halfway between center and edge comes out clean.

Serve warm or cold with salsa. Garnish with cilantro.

Makes 8 main-dish servings; 280 calories, 18 g protein, 10 g (originally 24 g) fat, 28 g carbohydrate, 105 mg cholesterol and 780 mg sodium each. Baked in 8- or 9-inch square pan, makes 24 appetizer servings; 95 calories.

For information about beans and copies of more winning recipes, send a self-addressed, stamped, business-size envelope to: Bean Education and Awareness Network, ROP 94-2 Office, 115 Railway Plaza, Scottsbluff, Neb. 68361.

## Living

## Tang exte

Both children say "mmmmmmmmmm." They love favorites, like apricots, but a brings added types of recipes.

Dried tomato remember tomato can be snack right out added to a favora taste. Available whole pieces, to produce depart supermarkets, in calories with polysaturated an excellent sou fiber, vitamins iron.

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# Today's Food

## Living Lean for Adults

By BARBARA HAAS

## Recipe

### Tangy taste of tomatoes extends 'fruit' repertoire

Both children and adults say "mmmmmm" to dried fruits. They love to snack on favorites, like raisins and apricots, but a wider variety brings added flavor to many types of recipes.

Dried tomatoes — yes, remember tomatoes are a fruit — can be eaten as a snack right out of the bag or added to a favorite recipe for a touch of tangy tomato taste. Available sliced or in whole pieces, usually in the produce department of local supermarkets, they are low in calories with a trace of polyunsaturated fat. They are an excellent source of dietary fiber, vitamins A and C and iron.

Sun-dried tomato packages often offer ideas for using them. A cook can try them by adding a few to any recipe where a little color and tomato flavor is appropriate. They are excellent in pizza, in batter for scones or in pasta sauce.

Simply cut dried tomatoes in small pieces with a kitchen knife or scissors. For softer, less-chewy pieces, heat them in boiling water about 10 minutes or add them to

warm foods. A person who has avoided cream sauce for pasta should try this wonderful low-fat, low-sodium sauce that adds sun-dried tomatoes for colorful tang and zest. Directions are given for making it in a microwave oven, but it also can be done on top of the stove, keeping heat low to ensure smoothness and expected consistency.

Sodium content can be reduced more by eliminating the salt and reducing the amount of parmesan cheese. Use it as a side dish to chicken or seafood or serve it as a hearty main dish.

#### PASTA CON BROCCOLI WITH DRIED TOMATOES

- 1 clove garlic, minced
- 2 tsp. cornstarch
- 1 1/2 tsp. dried whole leaf basil
- 1/8 tsp. salt
- 1/4 tsp. pepper
- 1 can (12 oz.) evaporated skim milk
- 2 cups fresh or frozen

- chopped broccoli, steamed
- 1/2 cup chopped fresh mushrooms, steamed
- 1/4 cup grated parmesan cheese
- 1/2 cup sun-dried tomatoes, cut in tidbits
- 4 cups cooked pasta shells, prepared without salt or fat

Spray a 1-quart microwave-safe dish with nonstick cooking spray. Add garlic. Microwave on high power 30 seconds.

Add cornstarch, basil, salt and pepper. Gradually add milk, stirring with wire whisk until blended. Microwave on high power 8 to 10 minutes, stirring every 2 minutes, until sauce is slightly thickened.

Combine sauce with broccoli, mushrooms, parmesan cheese, tomatoes and pasta. Makes four (1 1/2-cup) main-dish servings; 315 calories, 3 g fat, 8 mg cholesterol and 457 mg sodium each.

Registered dietitian Barbara Haas is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

#### TWIN PINWHEEL BEEF LOAVES

- 3 lb. ground beef
- 1 1/2 cups soft bread crumbs
- 2 eggs
- 1/2 cup ketchup
- 1 tbsp. prepared mustard
- 2 tsp. salt
- 1/4 tsp. pepper
- 1 pkg. (10 oz.) frozen chopped spinach, thawed
- 1 1/2 cups cooked rice
- 1 small onion, chopped
- 1/4 tsp. marjoram or basil

More ketchup, if desired

Preheat oven to 350°.

Lightly but thoroughly combine ground beef, bread crumbs, eggs, 1/2 cup ketchup, mustard, salt and pepper.

Combine spinach, rice, onion and marjoram. Pat half the beef mixture at a time on waxed paper to make 14-by-10-inch rectangle about 1/2-inch thick. Spread half the spinach mixture evenly over meat. Roll up meat mixture jellyroll-fashion from short end of rectangle to enclose rice filling. Press meat over filling at both ends.

Place loaf seam-side down on rack in roasting pan. Spread top very lightly with ketchup. Bake in preheated oven 50 to 60 minutes. Let stand 10 minutes before slicing.

Makes 2 loaves.

Note: Second pinwheel loaf can be wrapped in airtight packaging, frozen and stored 2 to 3 weeks. To bake frozen loaf, bake 1 1/2 to 1 3/4 hours.

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#### PINEAPPLE CAKE

If a favorite cake with a sugary topping — pineapple

upside-down cake, for example — ends up with brown sugar crystallizing instead of making a clear syrup, reduce

the sugar.

If the amount is too high, it may not dissolve completely during baking time.

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BUY 1 GET 1  
**FREE**

PEPSI • DIET PEPSI  
2 LITER BTL. 1.89

PEPSI • DIET PEPSI  
12 PK. CANS **3.19**

DIET PEPSI

MTN DEW

RONNOCO

FLAVORED COFFEE  
FLAVOR OF THE WEEK

HAZELNUT

DRY • MICHELOB • LIGHT  
**3.69**

PABST • EX-LIGHT  
**3.99**

SKIM MILK  
**1.89** GALLON

Gatorade  
**5.99** COLD 16 OZ. BTL.

BORDEN  
SWISS STYLE YOGURT  
**3 FOR 99¢** 8 OZ.

WONDER COUNTRY  
STYLE BREAD  
**89¢** ONE POUND

SEAGRAM'S GIN  
**6.99** 750 ML

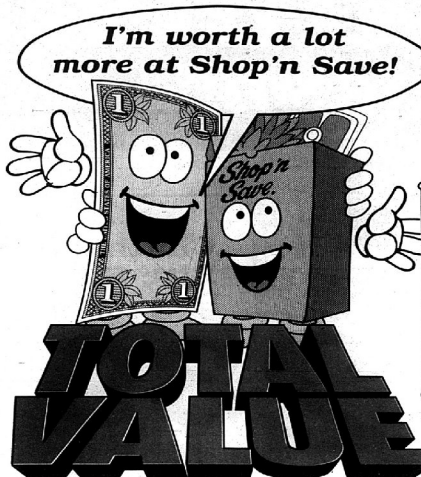
EVE 2PK WITH LIGHTER  
**2.98**

JIM BEAM  
**6.19** 750 ML



# Stretch Your Dollar!

## With 1,000's of Great Values



SELECTED VARIETIES  
**Shop'n Save**  
**Can Vegetables**

**8/\$1**  
14 TO 15-OZ.  
CAN  
LIMIT 16 COMBINED  
VARIETIES

**•BONUS•  
RED TAG VALUE!**

PRE-PRICED \$2.99, ASSORTED VARIETIES

**Tostitos  
Tortilla Chips**

**3/\$5**  
14.5 TO  
16-OZ.  
10.75 TO 11.5-OZ. TOSTITOS SALSA \$1.79

**Oral-B Toothbrush**  
Buy 1 Get 1 Free Package

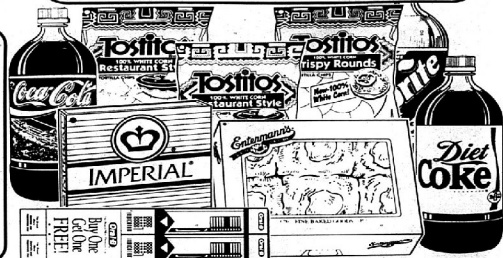
**99¢**  
EACH  
LIMIT 2 PKGS. WHILE QUANTITIES LAST

2-LITER BOTTLE  
**Coke, Diet Coke  
or Sprite**

**79¢**  
LIMIT 6  
OVER  
LIMIT 99¢  
24-PACK \$5.67, LIMIT 6 OVER LIMIT \$5.99

**Viva  
Paper Towels**

**399**  
6-ROLL PKG.



**Imperial  
Quarters**

**2/89¢**  
1-LB.  
PKG.

CHICKEN NOODLE, TOMATO,  
VEGETABLE OR CREAM OF MUSHROOM  
**Campbell's  
Family Size Soup**

**99¢**  
28-OZ.  
CAN

BUTTER OR  
LIGHT BUTTER  
**Planter's Microwave  
Popcorn**

**199**  
6-COUNT  
PACKAGE

WHITE OR ASSORTED PRINTS  
DOUBLE ROLL  
**Kleenex  
Bath Tissue**

**199**  
4-ROLL  
PACKAGE

ASSORTED PRODUCTS  
**Entenmenn's  
Bakery Goods**

PRE-PRICED FROM \$2.29 TO \$3.89

**199**  
EACH

REG., COUNTRY STYLE,  
OR CALCIUM FORTIFIED  
**Minute Maid Chilled  
Orange Juice**

**199**  
64-OUNCE  
CARTON

35¢ OFF LABEL  
OUR LOW PRICE \$3.49  
**Mrs. Butterworth  
Reg. or Lite Syrup**

**219**  
36-OUNCE  
BOTTLE

FAMILY SIZE  
**Sunshine  
Cheez It Crackers**

**299**  
24-OUNCE  
PACKAGE

Pick up a FREE "Shout NO"  
Child Activity Book.  
Details at the Kleenex  
Bath Tissue Display  
at Shop'n Save

LIMITED QUANTITIES - WHILE SUPPLY LASTS



**Shop'n Save**

ROUND TOP  
Shop'n Save  
White Bread

**3/\$1**  
16-OZ.  
LOAF

02011A

# You Save Every

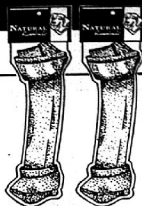
## Total Pet Values

FOR YOUR BEST FRIEND!



**Pedigree**  
Can Dog Food  
ASST. FLAVORS

**3/\$1**  
13.2-OZ. CAN



REGULAR \$2.99 EACH  
**9-Inch Rawhide Bone**

**2/\$3**



**Chatham**  
Bite Size Dog Food

**239**  
20-LB. BAG

FIELD TRAIL GOURMET GRAVY DOG FOOD  
**4.99**  
20-LB. BAG

PURINA MEDIUM DOG BISCUITS  
**1.79**  
2-LB. BOX

KIBBLES & CHEEZY CHEWS  
**6.99**  
20-LB. BAG

FRISKIES PET TREAT  
**87¢**  
EACH

HARTZ NO. 91167 RAWHIDE BONE  
**1.99**  
EACH

HARTZ NO. 91168 RAWHIDE BONE  
**2.67**  
EACH

HAPPY HOUND DRY DOG FOOD  
**3.49**  
20-LB. BAG

THRIFTY HOUND DRY DOG FOOD  
**2.99**  
20-LB. BAG

PETRIX DOG TREAT  
**99¢**  
EACH

BEEF STICKS BUY 1 GET 1 FREE PACK  
**1.99**

HARTZ NO. 91165 RAWHIDE BONE  
**99¢**  
EACH

KIBBLES & CHUNKS DRY DOG FOOD  
**6.99**  
20-LB. BAG

BEEF OR CHEESE BEGGIN STRIPS  
**2.09**  
6-OZ. PKG.

HARPER DOG TOY  
**1.99**  
EACH

PET BED  
**14.99**  
EACH

PURINA ORIGINAL CAT CHOW  
**1.09**  
18-OZ. BOX

PURINA ORIGINAL CAT CHOW  
**9.99**  
20-LB. BAG  
PRE-PRICED \$10.99

MEDIUM PET TAXI  
**14.99**  
NO. 21205

LARGE PET TAXI  
**19.99**  
NO. 21207

PURINA MEOW MIX DRY CAT FOOD  
**1.09**  
18-OZ. BOX

PURINA MEOW MIX DRY CAT FOOD  
**9.99**  
20-LB. BAG  
PRE-PRICED \$10.99

CAT LITTER PAN  
**7.99**  
NO. 22033

OUT PET ODOR ELIMINATOR  
**1.99**  
NO. 70243

WISKAS CAN CAT FOOD  
**4/\$1**  
5.5-OZ. CAN

PURINA CAN CAT FOOD  
**4/89¢**  
5.5 OZ. CAN

WHISKER LICKINS CAT TREATS FISHY OR MOUSERS  
**99¢**  
3-OZ. EVERYDAY LOW PRICE

NATURE'S WAY CAT LITTER  
**2.89**  
7-LB. BAG

TIDY SCOOP CAT LITTER  
**2.89**  
7-LB. JUG

AUDUBON PARK WILD BIRD SEED  
**3.99**  
25-LB. BAG



**Kal Kan**  
Can Cat Food

**7/\$1**  
5.5-OZ. CAN



**Bi-Rite**  
Cat Litter

**179**  
25-LB. BAG

Da

Liqu

REGULAR OR  
Pabst Blue  
Beer.....

REGULAR, LIQ  
DARK OR DRY  
Michelob  
Beer.....

Crystal Pa  
Gin or Vo

24-PACK CUB  
Red  
Dog .....

ASSORTED VA  
Bartles & J  
Wine Cooke

Please  
CARTON PRICES INCL  
SALES TAX ADDITION  
Salem  
Cigarettes

Healt  
Red

SAVE 10  
Colgate  
Toothpaste  
ALL VARIETIES  
EXCEPT BAKING

Our Low Sale  
\$1.00  
Robitus  
Cough Dr  
25-COUNT PA

SAVE \$1.  
Outrageous Si  
or Conditio

**19**  
15-OZ.

Our Low Sale Pr  
Excedrin Tr  
Assorted Va

**38**  
30-OZ.

SAVE 5  
Hall's Suga  
Cough D

**11**  
25-OZ.



# Day at Shop 'n Save

## Liquor Dept. Red Tag Values

Liquor Prices Good At Illinois Stores Only

REGULAR OR LIGHT  
Pabst Blue Ribbon  
Beer..... **6.99**  
24-PACK  
CUBE

REGULAR, LIGHT,  
DARK OR DRY  
Michelob  
Beer..... **3/9.99**  
6-PACK  
12-OZ. N/R

Crystal Palace  
Gin or Vodka ..... **7.99**  
1.75-LITER

24-PACK CUBE  
Red  
Dog ..... **10.99**  
12-OUNCE  
CANS

ASSORTED VARIETIES  
Bartles & Jaymes  
Wine Coolers .... **2/\$5**  
4 PACKS

Please Drink Responsibly-Don't Drink & Drive.

CARTON PRICES INCLUDE EXCISE TAXES  
SALES TAX ADDITIONAL  
Salem  
Cigarettes ..... **12.99**  
CARTON

LIGHT OR AMBER  
Bacardi  
Rum ..... **6.99**  
750-ML

ASSORTED VARIETIES  
Boone's Farm  
Wine ..... **3/\$5**  
750  
ML

Seagram's  
7 Crown ..... **11.99**  
1.75-LITER

ASSORTED VARIETIES  
Chi-Chi's  
Wine Coolers .... **3/\$5**  
4 PACK

ASSORTED VARIETIES  
Paul Masson  
Wine ..... **2/\$5**  
1-LITER  
BTL.

CARTON PRICES INCLUDE EXCISE TAXES  
SALES TAX ADDITIONAL  
Doral  
Cigarettes ..... **10.99**  
CARTON

## Frozen Food Red Tag Values

ASSORTED VARIETIES

Freezer  
Queen  
Dinners



**7.99¢**  
9 TO 11-  
OZ. PKG.

ASSORTED VARIETIES

Lucia's  
Pizza



**2/\$6**  
16 TO  
22.5-OZ.

ASSORTED  
VARIETIES  
Tony's World Cafe  
Egg Rolls .....

**3/\$5**  
9-OZ.  
PKG.

## Red Tag Values

are temporary manufacturer price reductions  
that we pass on to you. With red tags you  
save even more off our everyday low prices!

## Health & Beauty Red Tag Values

SAVE 16¢  
Colgate  
Toothpaste  
ALL VARIETIES  
EXCEPT BAKING SODA  
**1.49**  
4.8-OZ. TUBE  
OR 4.7-OZ.  
STAND-UP

Our Low Sale Price  
\$1.00  
Robitussin  
Cough Drops  
25-COUNT PACKAGE  
**Free**  
WITH COUPON

SAVE \$1.18  
Outrageous Shampoo  
or Conditioner  
**1.99**  
15-OZ. BTL.

Our Low Sale Price \$4.89  
Excedrin Tablets  
Assorted Varieties  
**3.89**  
50-CT. PKG.  
WITH COUPON AT RIGHT

SAVE 58¢  
Hall's Sugar Free  
Cough Drops  
**1.19**  
25-CT. PKG.

SAVE 80¢  
St. Ives  
Collagen Lotion  
**3.19**  
20-OZ. BTL.

SAVE \$1.98  
30-Mg.  
Sudafed  
**1.99**  
24-CT. PKG.

SAVE 29¢  
Speed Stick for Men  
Assorted Varieties  
**1.69**  
2.25-OZ. PKG.

## Video Center

AT STORES WITH VIDEO DEPARTMENTS ONLY

### Everyday Low Rental Prices

EVERYDAY  
All New  
Releases..... **99¢**  
EACH

EVERYDAY  
All Other  
Titles ..... **49¢**  
EACH

### SAVE \$1.00 NOW ON EXCEDRIN

Save \$1.00 on any Excedrin® Extra Strength, Aspirin  
Free Excedrin® or Excedrin® PM 50's or 100's tablets  
or caplets with this coupon.

Limit one per customer. Expires 2/4/95.

CONSUMER: Only one coupon is redeemable per purchase and only on specified product. You pay any sales tax.  
RETAILER: You are authorized to act as our agent and redeem this coupon (#131599) at face value on the specified  
product. We will reimburse you for the face value of this coupon (#131599) plus 8¢ if submitted in compliance with  
Bristol-Myers Products Coupon Redemption Policy, incorporating terms by reference and available upon request. Send  
coupons to Coupon Redemption Center, P.O. Box 870027, El Paso TX 79887-0027. Cash value 1/20 of 1¢.



P45-02-100

IN-AD COUPON EXPIRES 2/4/95

**FREE** GOOD ONLY AT:  
**Robitussin** Shop 'n  
COUGH DROPS BAG Save.  
(MAXIMUM RETAIL VALUE \$1.00)  
EXCLUDING TRAIL SIZE & STICKS

ONE COUPON PER PURCHASE  
RETAILER: Limit one coupon per purchase.  
ALL ROBITUSSIN COUGH DROPS BAGS, 100'S, 200'S, 300'S, 400'S, 500'S, 600'S, 700'S, 800'S, 900'S, 1000'S, 1100'S, 1200'S, 1300'S, 1400'S, 1500'S, 1600'S, 1700'S, 1800'S, 1900'S, 2000'S, 2100'S, 2200'S, 2300'S, 2400'S, 2500'S, 2600'S, 2700'S, 2800'S, 2900'S, 3000'S, 3100'S, 3200'S, 3300'S, 3400'S, 3500'S, 3600'S, 3700'S, 3800'S, 3900'S, 4000'S, 4100'S, 4200'S, 4300'S, 4400'S, 4500'S, 4600'S, 4700'S, 4800'S, 4900'S, 5000'S, 5100'S, 5200'S, 5300'S, 5400'S, 5500'S, 5600'S, 5700'S, 5800'S, 5900'S, 6000'S, 6100'S, 6200'S, 6300'S, 6400'S, 6500'S, 6600'S, 6700'S, 6800'S, 6900'S, 7000'S, 7100'S, 7200'S, 7300'S, 7400'S, 7500'S, 7600'S, 7700'S, 7800'S, 7900'S, 8000'S, 8100'S, 8200'S, 8300'S, 8400'S, 8500'S, 8600'S, 8700'S, 8800'S, 8900'S, 9000'S, 9100'S, 9200'S, 9300'S, 9400'S, 9500'S, 9600'S, 9700'S, 9800'S, 9900'S, 10000'S, 10100'S, 10200'S, 10300'S, 10400'S, 10500'S, 10600'S, 10700'S, 10800'S, 10900'S, 11000'S, 11100'S, 11200'S, 11300'S, 11400'S, 11500'S, 11600'S, 11700'S, 11800'S, 11900'S, 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# TOTAL VALUE EVERY TIME YOU SHOP!



SOLD IN 5-POUND BAGS  
**Fresh Chicken  
Leg Quarters**

# 39¢

**lb.**  
LIMIT 3 PKGS.

**USDA Choice Beef  
Rib Steaks**

# 299

**lb.**

**FROZEN, 5 TO 7-POUND AVERAGE  
Pride of the Farm  
Turkey Breast**

# 97¢

**lb.**  
LIMIT 1

**ALL VARIETIES  
Buddig Wafer Thin  
Sliced Meats**

# 39¢

**2.5-OZ.  
PKG.**

**Louis Rich  
Ground Turkey .....**

# 99¢

**1-LB.  
ROLL**

**Eckrich  
Smoked Sausage...**

# 189

**lb.**

**Oscar Mayer  
Sliced Bacon .....**

# 199

**1-POUND  
PACKAGE**

**Hunter All Meat  
Hot Dogs .....**

# 69¢

**12-  
OZ.**

**Holten Extra Value  
Beef Patties .....**

# 399

**5-POUND  
BOX**

**ALL VARIETIES  
Claussen  
Pickles.....**

# 199

**32-OUNCE  
JAR**

**Hunter  
Sliced Bacon .....**

# 129

**1-POUND  
PACKAGE**

**NUGGETS OR  
Delta Valley  
Chicken Patties..**

# 2/\$4

**10.5-OZ.  
PKG.**

**5 A Day  
Fruits and Vegetables**

**For Better  
Health!**



**U.S. No. 1  
Russet Potatoes**

# 238

**15-POUND  
BAG**

**SESAME OR  
Corn Topped  
Steak Buns .....**

# 99¢

**6-CT.  
PKG.**

**Fresh  
Creme Horns .....**

# 149

**4-COUNT  
PACKAGE**

**Farm Fresh  
Catfish Nuggets ...**

# 159

**lb.**

**Boneless  
Whiting Fillets .....**

# 219

**lb.**

**Medium  
Yellow Onions .....**

# 98¢

**5-LB.  
BAG**

**Imported  
Dried Apricots .....**

# 199

**lb.**

**S M T W T F S**

•PRICES GUARANTEED THRU FEBRUARY 4, 1995  
•AT THE ST. LOUIS METRO STORES ONLY  
•WE RESERVE THE RIGHT TO LIMIT  
•NO SALES TO DEALERS  
•BAKERY/DELI/SEAFOOD NOT AVAILABLE  
AT ALL LOCATIONS

# Shop 'n Save

The more you shop ♪  
♪ the more you save. SM

**For Store Locations  
Call (314)984-0900**

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Press-Record/Journal

# CLASSIFIEDS

## 877-7700

toll free  
1-800-766-FAST (3278)

HOURS: MONDAY THRU FRIDAY 8:00 A.M.-5:00 P.M. CLOSED SATURDAY AND SUNDAY

### FOR YOUR INFORMATION

Please check your ad for correct classification and proper wording the first day it appears. At the time you place your ad, please verify spelling of any unusual words or names. The Journals reserve the right to edit, reject or cancel the publication of any ad.

**Adjustments:** Please report errors the first day your ad appears. The Journals will not be responsible for any errors that occur after the first day. If you cannot locate your ad or if an error occurs please call 877-7700. In case of an error, the Journal will extend the schedule of that ad. The adjustment of any error will not exceed the cost of the ad.

**Cancellation:** To cancel an ad call 877-7700. Ask for your cancellation number. This number will serve as your record of cancellation in case of any misunderstandings or adjustments. You must call before the deadline to cancel an ad. There is no refund or rebate on early cancellation when purchasing the **Sell It Fast Deal**.

**Box Charges:** Replies picked up at a Journal office, \$5.00 per week; replies mailed, \$10 per week.

**Faxing Your Ad:** Dial 1-618-876-4240 to fax your ad to us. Please include your daytime phone number, home phone

number, full name, address, city, state and zip. Print your ad clearly. A Journal salesperson will call to verify your information.

**Notice to Readers:** Prior to responding to advertisements requesting money to be sent or invested you may wish to investigate the validity of the offering and the company. The Journals cannot assume any responsibility of such offerings within the classified pages. For information regarding the investigation of business opportunities, contact the Better Business Bureau.

#### RATES

**SUNDAY** ..... 10 Words \$3.80  
**WED/THURS.** ..... 10 Words \$6.50  
**3 ISSUES** ..... 10 Words \$9.90

#### DEADLINES

**SUNDAY** ..... 3:00 Friday  
**WED/THURS.** ..... 4:30 Monday  
**ILLINOIS WED.** ..... 10:00 Monday  
**ILLINOIS SUN.** ..... 3:00 Friday

#### Transportation

Hyundai	42	Ford Trucks	87	Motorcycles/ATVs	185
Isuzu	44	GM Trucks	88	Boats/Motors	190
Jaguar	46	Isuzu Trucks	89	Boat/Canoes/Rentals	195
Lexus	48	Mazda Trucks	90	Airplanes	200
Mercedes Benz	50	Nissan/Datsun Trucks	91		
Mitsubishi	52	Toyota Trucks	92		
Nissan/Datsun	54	Misc Trucks	93		
Porsche	56	Heavy-Duty Trucks	94		
Renault	58	Vans	95		
Road	60	Commercial Vehicles	96		
Saturn	62	Misc Vehicles	97		
Subaru	64	Auto/Truck Financing	98		
Toyota	66	Car/Trucks Wanted	99		
Volvo	68	Car/Trucks Rent/Lease	100		
	70	Auto Vehicle Insurance	101		
	72	Auto Parts/Tires	102		
	74	Auto Accessories	103		
	76	Truck Accessories	104		
	78	Motor Homes	105		
	80	Antique Specialty Cars	106		
	82	Trailer Trailers	107		
	84	Utility Trailers	108		
	86	Dodge/Plymouth Trucks	109		

Employment	110	Services	111	Real Estate	112
Business Services	113	Real Estate	114	Real Estate	115
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Business Services	398	Real Estate	399	Real Estate	400

#### Autos For Sale

## PUBLIC NOTICE

INTEREST RATES ARE RISING  
BUT NOT AT KOETTING FORD

## LOOK AT THIS OFFER!

# 3.9% A.P.R. FINANCING\*

\*TO QUALIFIED BUYERS WITH APPROVED CREDIT

## ON ALL NEW 1995 ESCORTS IN STOCK

### America's Best Selling Small Car

CHOOSE FROM 30 TO SAVE HUNDREDS OF DOLLARS

WITH THIS INCREDIBLE OFFER, IF YOU FINANCE \$10,000 FOR 48 MONTHS YOU WOULD SAVE OVER \$1350 COMPARED TO THE CURRENT MARKET INTEREST RATE OF 10%.

THE NET EFFECT — A MUCH LOWER MONTHLY PAYMENT

## BUT YOU MUST ACT NOW!

THIS OFFER ENDS FEBRUARY 6, 1995

## HURRY FOR BEST SELECTION

IF YOU ARE A CASH BUYER YOU RECEIVE \$600 CASH BACK  
INSTEAD OF THE FINANCE RATE OFFER

— SEE US TODAY —

### PARTS AND SERVICE DEPARTMENT

A Full Service Dealer  
SALES PARTS SERVICE  
COMPLETE BODY REPAIR FACILITIES

Two Miles South of I-270  
KNOXVILLE, TN 37604  
KNOXVILLE, TN 37604  
(615) 867-9219

## Classified Ads Gets Results!

11700 GRAVOIS  
ST. LOUIS, MO 63127

## BAD CREDIT - BANKRUPTCY REPOSSESSION - DIVORCE

BEEN TURNED DOWN ELSEWHERE

# WE CAN HELP

WITH YOUR AUTO PURCHASE

CALL YOUR APPROVAL HOTLINE  
**838-9300**  
1-800-960-3263  
CALL MAX OR ROCKY

## "NEW PROGRAM"

FOR CREDIT PROBLEM CUSTOMERS

- ★ Low Money Factors
- ★ Short Term Loans
- ★ New Or Used Vehicles

YOU DON'T HAVE TO DRIVE JUNK!

Mick Hoepfinger  
843-4431 or  
FAX 843-5726 11700 Gravois, St. Louis 63127

SUNSET FORD

1. Can you afford a minimum cash down?  
2. Do you have a verifiable net worth of \$1000?  
3. Do you have a verifiable income of \$1000?  
4. Do you have a verifiable credit history?

1. Are you able to afford monthly payments at 12%?  
2. Do you have a verifiable net worth of \$1000?  
3. Do you have a verifiable income of \$1000?  
4. Do you have a verifiable credit history?

NAME First Last SR# Date of Birth Phone #

ADDRESS Number and Street City County State Zip

Employed Name of Company Address City State Zip

Trade Or Occupation Salary Range (Before Taxes) - Based on Previous Employer Address Phone #

Signature Date

## SUNSET FORD

11700 GRAVOIS  
ST. LOUIS, MO 63127

## PAYLESS AUTO SALVAGE

Payless For Auto Parts, Low Prices

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**\$9,995**

**91 CHEVY SILVERADO EXT. CAB**  
Sea, V-6, 5 Sp., PW, PL, Cruise, Tilt, Cass.  
**\$10,495**

**93 GEO TRACKER 2x4**  
Blue, Auto, A/C, Full Power, 10000 M.  
**\$10,995**

**90 CHEVY SUBURBAN SILVERADO**  
White, 350, Dual A/C, Auto, PW, PL, Cruise, Cass.  
**\$13,995**

**93 DODGE DAKOTA EXT CAB**  
V-8, Auto, A/C, Full Power, 10000 M.  
**\$14,995**

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